# Crisp Egg Salad Lettuce Cups

*Fresh romaine cups filled with creamy, protein-packed egg salad—perfect low-carb bites for a light, satisfying meal.*

**Servings:** 2 **Time:** 15 minutes

## Ingredients

- 4 large hard-boiled eggs, peeled and chopped
- 3 tablespoons mayonnaise
- 1 teaspoon Dijon mustard
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon smoked paprika
- 4 large romaine lettuce leaves
- 1 tablespoon chopped fresh chives (optional)

## Instructions

1. In a medium bowl, combine chopped eggs, mayonnaise, Dijon mustard, salt, pepper, and smoked paprika.
2. Mix gently until the egg mixture is creamy but still chunky.
3. Rinse and pat dry romaine leaves, then arrange them on a serving plate.
4. Spoon the egg salad evenly into each romaine leaf.
5. Sprinkle chopped fresh chives on top, if desired.
6. Serve immediately or chill for up to 1 hour before serving.

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