

# Blood Sugar-Friendly Egg Salad with Creamy Yogurt Dressing

*A protein-rich egg salad that keeps blood sugar stable. Made with Greek yogurt instead of mayo, packed with fiber-rich vegetables and healthy fats.*

Prep: 10 min

Cook: 10 min

Total: 20 min

Servings: 2

**GL 1.1 / GI 16**

## Ingredients

**Protein-rich, zero glycemic impact, provides sustained energy** hard boiled eggs, chopped into small pieces

**High fiber, negligible carbs, adds crunch and volume** celery, diced

**Contains quercetin which may help regulate blood sugar** red onion, finely diced

**Fermented food, supports gut health, minimal carbs** medium dill pickle, finely diced

**High protein, probiotic-rich, lower GI than regular yogurt** plain Greek yogurt

**Zero sugar, adds tangy flavor without glycemic impact** dijon mustard

**Antioxidant-rich spice, no glycemic impact** smoked paprika

**May improve insulin sensitivity** ground black pepper

**Contains compounds that may help regulate blood sugar** fresh dill, finely chopped

**Essential mineral, use to taste** sea salt, to taste

# Instructions

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## Step 1

Prepare hard-boiled eggs by placing them in a pot and covering with cold water by 1 inch. Bring to a rolling boil over high heat, then immediately remove from heat and cover. Let stand for 10-12 minutes for perfectly cooked eggs with creamy yolks.

## Step 2

Transfer eggs to an ice bath and let cool for 5 minutes to stop the cooking process. This makes peeling easier and prevents that greenish ring around the yolk. Peel eggs under cool running water.

## Step 3

Chop the peeled eggs into small, uniform pieces about 1/4-inch in size and transfer to a large mixing bowl. The smaller pieces help distribute the creamy dressing evenly throughout the salad.

## Step 4

Dice the celery stalks, red onion, and dill pickle into fine pieces, keeping them roughly the same size as the chopped eggs. Add all the vegetables to the bowl with the eggs. Note: Keep red onion portion small (1/4 cup) as it has moderate glycemic impact.

## Step 5

In a small bowl, whisk together the Greek yogurt, dijon mustard, smoked paprika, and black pepper until smooth and well combined. This creates a creamy, tangy dressing that coats every ingredient.

## Step 6

Pour the yogurt dressing over the egg and vegetable mixture. Add the freshly chopped dill and gently fold everything together with a spatula until evenly coated. Avoid overmixing to maintain texture.

## Step 7

Taste and adjust seasoning with sea salt as needed. Remember that pickles add saltiness, so start with less and add more if desired. Cover and refrigerate for at least 30 minutes to allow flavors to meld.

## Step 8

Serve chilled over a bed of mixed greens, stuffed in crisp lettuce cups, with cucumber slices, or alongside raw vegetables for dipping. Store covered in the refrigerator for up to 3 days for meal prep convenience.