

6g ⌚ 25 m | Easy

Egg salad

BBQ or potluck, here we come! Zucchini stands in for potatoes in this low-carb and spiced-up makeover of the classic summer fave, potato salad. All of the creamy flavor, and (almost) none of the carbs!



4 Servings

Ingredients

1½ lbs zucchini
2 tbsp butter or olive oil
1 cup mayonnaise
4 hardboiled eggs,
chopped
½ (2½ oz.) green bell
pepper, the seeds
removed
3 oz. (¾ cup) celery
stalks, thinly sliced
3 oz. dill pickles
2 oz. (9 tbsp) finely
chopped scallions
3 tbsp pickled jalapeños
2 tbsp finely chopped
fresh chives
½ tbsp Dijon mustard
salt and pepper

Instructions

- 1 Peel and cut the zucchini into pieces that are about half an inch (1-1.5 cm) thick. Use a spoon to remove the seeds. Place in a colander and add salt. Leave for 5-10 minutes and then gently press the zucchini to remove the water.
- 2 Fry the zucchini cubes in butter for a couple of minutes over medium heat. They should not brown, just slightly soften. Set aside to cool.
- 3 Mix all other ingredients in a big bowl and add the zucchini once it's cool.
- 4 Serve as a side dish at your next barbecue.

Tips

Not a fan of hardboiled eggs? Then try this egg-free version of our Zucchini salad.

Feel free to adjust the amount of jalapeño depending on how much spice you like.