



Better Egg Salad

3 hard boiled eggs, peeled and diced

1 heaping teaspoon mayo

1 heaping teaspoon whole grain mustard

1/2 teaspoon (or just a squirt) of lemon juice

1 teaspoon capers, drained of juice

dash of tobasco sauce

dash of cayenne pepper

salt and pepper to taste

Mix everything together and serve on your favorite bread or on top of a salad. This makes enough for one very generous sandwich.