

Indian-Inspired Egg Salad

Unexpected Indian flavorings take this favorite to an appealing new place. Eat with pita chips, bread, or carrot sticks.

Recipe by Mariano Fernandez | Created on **Nov 13, 2021**

Ingredients

- 2 tablespoons vegetable oil
- ½ small red onion, in small dice
- 1 jalapeno, seeded and minced
- ¼ teaspoon ginger
- ¼ teaspoon turmeric
- ½ teaspoon cayenne pepper
- 6 hard-cooked eggs, peeled and cut into large dice
- 1 small tomato, cut into small dice
- 2 tablespoons chopped fresh cilantro
- Salt, to taste

Directions

- Heat oil in a non-stick skillet over medium-high heat. Saute onion until tender, about 4 minutes. Add jalapeno, ginger, turmeric and cayenne; saute until fragrant, about 1 minute. Add eggs, stirring constantly to blend flavors, about 2 minutes. Off heat, stir in tomato, cilantro, and salt. Serve warm, at room temperature or chilled.

Nutrition Facts

Serving: **2 cups** | Calories: **186.5 kcal** | Carbohydrates: **3 g** | Protein: **9.8 g** | Saturated fat: **3.5 g** | Cholesterol: **318 mg** | Sodium: **95.3 mg** | Fiber: **0.6 g** | Sugar: **2 g**

Categories

Salad

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