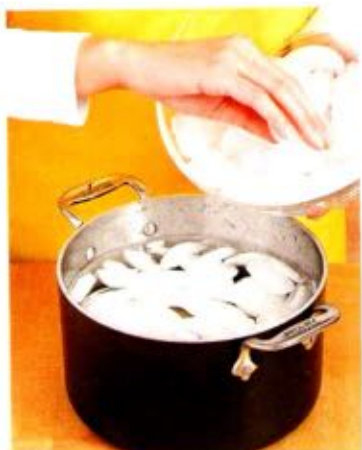


Salad sandwich makeovers

Update your traditional egg salad with a Spanish-style recipe that's chock-full of savory ingredients. Salty Serrano ham, briny green olives, and sweet Spanish onion enhance the salad, while a sprinkling of paprika adds the final touch.

Spice up everyday tuna salad by adding the slightly spicy yet sweet flavor of piquanté peppers, called Peppadews. Then for the ultimate sandwich eating experience, turn the salad into a tuna melt.



To make it easy to remove the shell from the cooked eggs, immediately cool them in ice water.



Cook the ham in a small amount of oil to crisp it. You can omit this for a vegetarian egg salad.

Spanish Egg Salad

Spanish paprika adds rich, complex flavors — a dash over the egg salad is all you need.

Makes 8 servings (4 cups)

Total time: 25 minutes

PLACE:

12 eggs

CRISP:

1/2 cup diced Serrano ham

2 tsp. olive oil

WHISK:

1/2 cup olive oil mayonnaise

2 Tbsp. Dijon mustard

ADD:

1/2 cup sliced pimento-stuffed green olives

1/3 cup minced Spanish onion

1/4 cup chopped fresh parsley

Salt and black pepper to taste

Bibb lettuce leaves

Spanish paprika

Place eggs in a saucepan. Add cold water to cover them by 1-inch. Cover pan, bring water to a boil, then remove pan from heat. Let eggs stand, covered, 12 minutes; drain. Cover eggs with ice water.

To peel, crack eggs all over on a flat surface, then peel under cold, running water. Dry peeled eggs with paper towels and transfer to a bowl. Chop eggs with a pastry blender or fork until chunky.

Crisp ham in oil in a skillet over medium heat, stirring occasionally, 4–5 minutes; drain on a paper-towel-lined plate.

Whisk together mayonnaise and Dijon, then stir into eggs.

Add olives, onion, parsley, and ham; season with salt and pepper.

Serve egg salad in lettuce leaves and sprinkle with paprika.

Per serving of egg salad: 205 cal; 15g total fat (3g sat); 288mg chol; 638mg sodium; 4g carb; 0g fiber; 12g protein