

## **Egg Salad Sandwich with Lots of Vegetables**

Serves: 4

Time: 30 minutes

Loaded with fresh cucumbers and tomatoes, and dressed with olive oil and lemon, this sandwich puts the “salad” back in egg salad.

### **Ingredients**

- 4 eggs
- 1 medium cucumber
- 2 medium ripe tomatoes
- 1 bunch fresh parsley
- 8 slices of sandwich bread
- 1 lemon
- 1/2 cup olive oil
- Salt and pepper

### **Instructions**

1. Turn the broiler to high; put the rack 6 inches from the heat.
2. Fill a medium saucepan about 2/3 with water and gently submerge the eggs. Bring to a boil, turn off the heat, and cover. Set the timer for 9 minutes. Fill a large bowl with ice water. Peel the cucumber if necessary, cut it in half lengthwise, scoop out the seeds with a spoon, and chop. Put it in a large bowl. Core and chop the tomatoes; add to the bowl. Put 8 slices of bread on a baking sheet.
3. Broil the bread, turning once, until lightly browned on both sides, 2 to 5 minutes total. Grate the lemon zest into a bowl; refrigerate the remaining fruit for another use.
4. When the eggs are done, transfer them to ice water with a slotted spoon. Leave them submerged for at least a minute.
5. Crack and peel the egg, transfer them to a cutting board, and chop. Add them to the bowl.
6. Add 1/4 cup olive oil and a sprinkle of salt and pepper to the bowl; toss, taste, and adjust the seasoning. Assemble the sandwiches and serve.

Don't be shy about getting creative here. You can also go in other directions such as making a tuna and egg salad with cucumbers and dill: Combine canned tuna, chopped hard-boiled eggs, and chopped English cucumbers in a salad bowl. Add some mayo, a bit of Dijon mustard, a drizzle of olive oil, salt and pepper, and a good handful of chopped fresh dill, or tarragon, etc. Stir to combine, and serve on a bed of greens, or with toasted bread on the side.

— Recipe from [How to Cook Everything Fast](#)

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