



## Cheesy Egg-Pine Spread Recipe

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Preparation Time	5
Cooking Time	10
Serving Size	15

### Ingredients:

- 3 pc egg, hard-boiled and coarsely chopped
- 1/4 cup cheese, grated
- 1 can DEL MONTE Crushed Pineapple (227g), drained
- 3/4 cup mayonnaise
- 3 Tbsp pimienta, canned, chopped
- 1/8 tsp salt
- 1/8 tsp pepper

### Preparation:

1. Combine all ingredients in a bowl and mix well. Chill. Serve as sandwich filling.

### Chef's Tip

Keep eggs from cracking as you boil by taking them out of the fridge 1 hour before boiling. If pressed for time, place the eggs in a bowl of warm water so the eggs slowly heat up.

### Lusog Notes

This spread provides calcium for bone health and vitamin A that helps resist infections and maintains healthy skin.

### Cooking Skills Needed

- Mixing

### Cooking Tools

- Chopping Board
- Measuring Cups
- Measuring Spoon
- Pot
- Spatula