

## Curried Rice Egg Salad

1 (12oz.) package long grain & wild rice  
6 Hard cooked eggs  
8 oz. plain low-fat yogurt  
1 ½ - 2 teaspoons curry powder  
2 Cups chopped fresh broccoli  
6 Large tomatoes  
Spinach leaves

Cook rice according to package directions. Set aside. Slice 1 egg, reserving 3 center slices for garnish. Chop remaining eggs. Stir together yogurt and curry powder until well blended. Stir in reserved rice, chopped eggs, and broccoli. Chill to blend flavors. Just before serving, cut each tomato into 6 wedges and place on spinach leaves. Top each tomato with about 1 ½ cup egg salad mixture.

Garnish with halved reserved egg slices.

Serves 6