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This egg salad recipe, a zesty twist on a classic, offers a healthy new way to work eggs into lunchtime. The low-fat Greek yogurt used in place of mayo dials down the fat and calories, while the

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Nutrition: 407 calories, 17.8 g fat (7.4 g saturated fat), 747 mg sodium, 35.8 g carbs, 1.5 g fiber, 1.8 g sugar, 24.2 g protein (calculated with 8 oz pasta and 1 oz parmesan cheese per serving) Pasta is considered a no-no by many dieters, but if done right noodles can be a sound addition to any weight loss diet plan.

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