

Heavenly Deviled Eggs

Versatile and easy to prepare, these deviled eggs are great as an appetizer, side dish, or snack.

Makes: 6 servings

Prep/Cook Time: 30 minutes

Source: [choosemyplate.gov/recipe/heavenly deviled eggs](http://choosemyplate.gov/recipe/heavenly-deviled-eggs)

Ingredients

- 6 eggs (in shell)
- 2 tablespoons light mayonnaise
- 1 teaspoon mustard

Optional Garnishes:

- paprika or cayenne pepper (if you like it hot)
- pickle
- relish
- sliced scallions
- sliced green or black olives

Directions

1. Put eggs into a saucepan. Cover with cold water.
2. Bring eggs to a simmer (small bubbles) and cook for 12 minutes.
3. Remove from the heat and drain.
4. Crack eggs under cold water and allow to cool. Remove shells.
5. Split eggs in half, lengthwise and remove yolks.
6. Put yolks, dressing and mustard into a small zipper-lock plastic bag to mix.
7. Cut a small hole in a lower corner of the bag. Squeeze mixture into egg white halves. Garnish as desired.



Small Changes,
BIG Difference!



Nutrition Information	
Serving Size: 2 prepared egg halves	
Nutrients	Amount
Calories:	90
Total Fat:	6 g
Saturated Fat:	2 g
Cholesterol:	212 mg
Sodium:	174 mg
Total Carbohydrates:	1 g
Dietary Fiber:	0 g
Total Sugars:	1 g
Added Sugars:	0 g
Protein	6 g

Utensils Needed

- Sauce Pan
- Knife
- Measuring utensils
- Serving plate

SHOPPING LIST

Average total cost without oil and seasonings: \$5.17

Average cost/serving: \$0.86

Recipe Makes: 6 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart
1 Dozen Large Eggs



Mayonnaise

Add 1 to Cart
Light Mayonnaise



Add 1 to Cart
Mustard

My Cooking Notes
