Healthy Eating

By Alice Henneman, MS, RD, Extension Educator

Nebraska Lincoln EXTENSION
Lancaster County
444 Cherrycreek Road, Suite A / Lincoln, NE 68528 / (402) 441-7180
http://lancaster.unl.edu/food

Deviled Eggs

Serves 6, serving size, 1 egg (two filled halves)

Deviled eggs make a quick main dish for a light meal, especially if you have hard-cooked the eggs in advance. Here's a simple recipe you can make earlier in the day, saving you even more minutes at mealtime.

- 6 large hard-boiled and peeled eggs
- 1/4 cup mayonnaise
- 1/8 teaspoon salt
- 1/8 teaspoon pepper

1. Slice eggs into halves lengthwise. Remove yellow yolks and save whites.
2. Place yolks in a one-quart zip lock style bag along with the remaining ingredients (except the egg whites). Press out air.
3. Close bag and knead (mush together) until ingredients are well-blended. (**Note:** you could also put yolks in a bowl with other ingredients [except the egg whites], and mix together well until they look like a paste).
4. Push contents toward one corner of the bag. Cut about 1/2 inch off the corner of the bag. Squeezing the bag gently, fill reserved egg white hollows with the yolk mixture. (**Note:** If you used a bowl, you can spoon the yolk mixture into the egg whites).
5. Chill to blend flavors.

Source: Adapted from: Kids a Cookin', Kansas Family Nutrition Program, available at Food Stamp Nutrition Connection Recipe Finder http://recipefinder.nal.usda.gov

Nutrition Facts: Calories, 140; Calories from Fat, 110; Total Fat, 12g; Saturated Fat 2.5g; Trans Fat, 0g; Cholesterol, 215mg; Sodium, 170mg; Total Carbohydrate 0g; Dietary Fiber, 0g; Sugars, 0g, Protein, 6g.

Alice's Notes:

1. If making less than 6 eggs, use about 2 teaspoons of mayonnaise per egg.
2. To keep deviled eggs from tipping over, use a paring knife to trim a very thin slice off the bottom of the rounded side of the egg whites before filling them.

Know how. Know now.

IANR

Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska–Lincoln cooperating with the Counties and the United States Department of Agriculture.

University of Nebraska–Lincoln Extension's educational programs abide with the nondiscrimination policies of the University of Nebraska–Lincoln and the United States Department of Agriculture.