

- APPETIZERS -

DEVILED EGGS

From the Kitchen of Senior Living Residences



The Ingredients:

12 large Eggs
¼ CUP Plain Greek Yogurt,
low-fat
¼ CUP Sour Pickles, chopped
(low sodium if possible)
2 TBSP Mayonnaise

2 TSP Dijon Mustard
¼ to ½ TSP Cayenne Pepper
¼ TSP Paprika
¼ TSP Spice of Life
Chives or Parsley for garnish



prep time
2 hours



makes
12 eggs



serve
cold

Cooking Steps:

1. Place eggs in a single layer in a saucepan with enough cold water to cover. Bring to a boil over high heat.
2. Immediately remove from the heat. Cover and let stand 15 minutes in saucepan. Drain and run under cold water.
3. Peel eggs and halve lengthwise. Remove the yolks and add to a bowl. Add the yogurt, pickles, mayonnaise, mustard, cayenne, paprika, Spice of Life and mix thoroughly.
4. Spoon the yoke mixture into the egg halves. Place the eggs on a plate, cover loosely with plastic wrap and chill until ready to serve.
5. Garnish with chives or parsley and a sprinkle of paprika.

