

Deviled Eggs

Need to use those hard-boiled Easter Eggs? How about a healthier version of this old favorite?

Ingredients

12 hard boiled eggs

1/3 cup nonfat cottage cheese

1/4 cup low-fat mayonnaise

3 tbsp fresh chives, minced; or scallion greens

1 tbsp sweet pickle relish

2 tsp yellow mustard

1/8 tsp salt

paprika, for garnish

Instructions

Halve eggs lengthwise with a sharp knife. Gently remove the yolks. Place 16 yolk halves in a food processor (discard the remaining yolk halves). Add cottage cheese, mayonnaise, chives (or scallion greens), relish, mustard and salt; process until smooth. Spoon about 2 tsp yolk mixture into each egg white half. Sprinkle with paprika, if desired.



Ken Burris

Nutritional Information

24 servings

Calories: 34

Fat: 2g

Saturated Fat: 1g

Mono Fat: 1g

Cholesterol: 71mg

Protein: 3g

Carbohydrates: 1g

Dietary Fiber: 0g

Sodium: 85mg

Recipe from WebMD