

Fit for the Holidays

Slim Deviled Eggs



Deviled eggs are a perennial potluck favorite. This recipe replaces some of the egg yolks with non-fat cottage cheese – keeping the filling velvety and rich while reducing some fat.

Minutes to prepare: 20

Servings: 24

Ingredients

- 12 large hard-boiled eggs, peeled
- 1/3 cup non-fat cottage cheese
- 1/4 cup low-fat mayonnaise
- 3 tbsp. minced fresh chives or scallion greens
- 1 tbsp. sweet pickle relish
- 2 tsp. yellow mustard
- 1/8 tsp. salt
- Paprika for garnish



Preparation

1. Halve eggs lengthwise. Gently remove the yolks. Place 16 yolk halves in a food processor (discard the remaining 8 yolk halves).
2. Add cottage cheese, mayonnaise, chives (or scallion greens), relish, mustard and salt; process until smooth.
3. Spoon 2 tsp. yolk mixture into each egg white half. Sprinkle with paprika, if desired.

To hard-boil eggs: Place eggs in a single layer in a saucepan; cover with water. Bring to a simmer over medium-high heat. Reduce heat to low and cook at a bare simmer at 10 min. Remove from heat, pour out hot water and cover eggs with ice-cold water. Let stand until cool enough to handle before peeling.

Nutritional Information (per serving)			
Calories	34	Cholesterol	71 mg
Protein	3 g	Fiber	0 g
Carbohydrates	1 g	Sodium	85 mg
Saturated fat	1 g	Potassium	31 mg
Monounsaturated fat	1 g		

Resource: www.eatingwell.com

