

Not-So-Devilish Eggs

Devilled eggs have long been a potluck staple and remain extremely popular. Creamy and full of protein, the traditional version is also high in fat due to the mayonnaise and egg yolks.

This recipe lightens the calorie and fat content while staying true to the original flavour. The secret? Using non-fat cottage cheese and low-fat mayonnaise in place of full-fat mayonnaise and reducing the amount of egg yolks used.

Low in calories and low in fat with 3g of protein per serving, bring these to your next potluck and we'd bet that no one will even notice the difference between the original and this modified recipe!

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 with a sharp knife. Gently remove the yolks. Place 16 yolk halves in a food processor (discard the remaining 8 yolk halves). Add cottage cheese, mayonnaise, chives (or scallion greens), relish, mustard and salt; process until smooth.
2. Spoon about 2 tsp yolk mixture into each egg white half. Sprinkle with paprika (if desired).
3. Cover and refrigerate til ready to serve (can be made 1 day in advance). Serves 24.

Nutrition (per serving)

34 calories; 2g fat (1g sat, 1g mono); 71mg cholesterol; 1g carbohydrates; 3g protein; 0g fibre; 85mg sodium; 31mg potassium