



Elliott Evans Nutrition, LLC
Prevent and Protect
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DEVILED EGGS WITH ASSORTED TOPPINGS

SOUTHERN LIVING – JULY 2011

(Makes 8 Servings)

- 1 dozen hard-cooked eggs, peeled**
- ½ cup mayonnaise**
- 1 green onion, finely chopped**
- 2 tsp hot sauce**
- Salt & freshly ground pepper**

Toppings: chopped cooked bacon, smoked salmon, chopped black olives, chopped Spanish olives, sour cream, chopped sun-dried tomatoes, and chopped fresh herbs (dill, parsley, chives).

- **Slice eggs in half lengthwise, and carefully remove yolks. Reserve egg whites.**
- **Mash yolks with mayonnaise, onion and hot sauce until well blended. Add salt and pepper to taste.**
- **Spoon or pipe yolk mixture into reserved egg whites; cover loosely with plastic wrap.**
- **Serve immediately, or cover and chill up to 1 day.**
- **Serve with desired toppings.**