



Elliott Evans Nutrition, LLC
Prevent and Protect
Jan Elliott Evans, PhD, RD, CNSD
Registered Dietitian
drevans@ub-well.com
www.ub-well.com
(804) 339-3200

SIMPLY DEVILED EGGS

Makes 24

Health&Beauty HEALTHY INDULGENCE

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|--------------------------------|------------------------------------|
| 12 large eggs | 1 Teaspoon Dijon mustard |
| 1/3 cup fat-free Greek yogurt | 1 Tablespoon fresh parsley-chopped |
| 2 oz 1/3-less-fat cream cheese | 1/2 Teaspoon Salt |

Place eggs in a single layer in a stainless steel saucepan (do not use nonstick pans). Add water to depth of 3 inches. Bring to a rolling boil and cook for 1 minute. Cover, remove from heat and let stand for 10 minutes. Drain.

Place eggs under cold running water until just cool enough to handle. Tap eggs on the counter until cracks form; peel.

Slice eggs in half length-wise, and carefully remove yolks. Mash together yolks, yogurt, and next 4 ingredients until smooth using a fork. Spoon yolk mixture into egg white halves. Serve immediately, or cover and chill 1 hour before serving.

NEW FAVORITES

Try some innovative stir-ins to make your own signature deviled eggs. Prepare recipe as directed, stirring one of the following delicious combos into the yolk mixture:

1. **Creole Shrimp**: 1/2 cup finely chopped cooked shrimp; 3 tablespoons sautéed chopped green bell pepper, 1 minced green onion, 1/4 teaspoon Creole seasoning, 1/4 teaspoon hot sauce. Top with cooked shrimp.
2. **Texas Caviar**: 3 Tablespoons chopped roasted red bell pepper, 1 minced green onion, 1 tablespoon minced pickled jalapeno pepper, 1 tablespoon fresh & chopped cilantro, 1 teaspoon Italian dressing mix. Top with canned black-eyed peas and fresh cilantro leaves.
3. **High Society**: 1/2 cup cooked fresh lump crabmeat, 2 teaspoons fresh tarragon, 1/2 teaspoon lemon zest, 1/4 teaspoon pepper. Top with cooked fresh crabmeat and watercress.
4. **Georgia Peach**: 3 Tablespoons peach preserves, 1/4 cup finely chopped country ham, 1 teaspoon grated Vidalia onion, 1/2 teaspoon apple cider vinegar, 1/4 teaspoon pepper. Top with sliced fresh peaches and chopped toasted pecans.
5. **Triple Pickle**: 3 tablespoons chopped bread-and-butter pickles. 2 tablespoons chopped capers. Top with pickled okra slices.