

Deviled Eggs

Makes 6 eggs | 6 servings | **Protein**

Ingredients

- 6 eggs
- ¼ cup light mayonnaise
- 1 teaspoon prepared mustard or dash of dried mustard
- ⅛ teaspoon salt
- Dash of black pepper
- Dash of paprika

Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. Place a single layer of eggs in a saucepan. Add enough cool water to rise at least 1 inch above eggs.
3. Over medium heat, bring water to just boiling. Cover pan and remove from heat.
4. Let eggs stand about 12-15 minutes.
5. Run cool water over eggs until cool enough to handle.
6. Peel eggs, then gently scoop egg yolks into a resealable plastic bag. Add mayonnaise, mustard, salt, and pepper. Seal the bag.
7. Mash or knead the bag to blend ingredients.
8. Push mixture toward one corner of the bag. Snip off that corner with scissors. Squeeze yolk mixture into white halves of eggs.
9. Sprinkle with paprika.



Recipe from the Cent\$ible Nutrition Program. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your local CNP educator.

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This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider. This material was funded by USDA's Expanded Food and Nutrition Education Program-EFNEP. USDA is an equal opportunity provider and employer.