

Makeover Deviled Eggs

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Makes 12 Servings

12 hard-cooked large omega-3 eggs, shelled

1/2 cup finely diced orange bell pepper

1/3 cup light canola mayonnaise

1 teaspoon Dijon mustard

Kosher salt and pepper to taste

Tabasco sauce to taste

Paprika

1. Cut the eggs in half, lengthwise. Remove the yolks and place in a bowl.
2. Mash the egg yolks with the back of a fork. Add the bell pepper, mayonnaise, mustard, and the salt, pepper, and Tabasco sauce to taste. Stir to combine.
3. Place the egg yolk mixture in a zip-top plastic sandwich bag. Seal the bag and snip off one bottom corner. Squeeze an equal amount of the mixture into each egg white half. Sprinkle with paprika to garnish.

Tip: How to hard-cook an egg –

Have you ever hard-boiled an egg only to end up with an unsightly greenish ring between the yolk and the white? This occurs when the egg is overcooked and/or not chilled quickly enough. For a perfect egg every time, follow these four steps eggs-actly:

1. *Place eggs in a saucepan in a single layer and add enough cold water to cover by an inch.*
2. *Bring the water just to a boil, remove from heat, cover, and let sit for 17 minutes.*
3. *Remove eggs from saucepan and place in a bowl filled with cold water and ice. Cool for 5 minutes.*
4. *To peel, gently tap eggs on kitchen counter to crack. Then roll gently, pressing down just enough to crush the shells all over. Peel under cool running water starting at the large end.*

Nutrition Information:

	Original Deviled Eggs	Moms' Makeover Deviled Eggs
Calories	120	90
Total Fat (grams)	10	7

Saturated Fat (grams)	2.5	1.5
Omega-3 Fat (grams)	0.3	0.4
Sodium (milligrams)	130	130
Carbohydrate (grams)	1	1
Fiber (grams)	0	0
Protein (grams)	6	6
Vitamin C (milligrams)	0%	20%

- Original recipe made with regular eggs, mayonnaise, mustard, and hot sauce.

Equipment:

Egg Hors D'Oeuvre Tray

Large saucepan

Medium bowl

Cutting board