

Avocado Deviled Eggs

Frenchs.com

Yield: 24 egg halves

12 hard-boiled eggs, peeled and halved lengthwise

1 avocado, diced

1/4 cup classic yellow mustard

3 tablespoons plain nonfat Greek yogurt

1 tablespoon fresh cilantro, chopped

1/2 teaspoon salt

1/2 cup crispy French-fried onions

chopped cilantro for garnish.

Remove the egg yolks into a bowl. Reserve the egg whites.

Lightly mash the yolks. Stir in the avocado, mustard, yogurt, cilantro, salt and 1/4 cup of the crispy onions.

Spoon or pipe the mixture into the egg whites.

Garnish with the remaining crispy onions and some cilantro.

Refrigerate until ready to serve.

Per Serving (excluding unknown items): 1254 Calories; 94g Fat (67.8% calories from fat); 79g Protein; 22g Carbohydrate; 5g Dietary Fiber; 2544mg Cholesterol; 1831mg Sodium. Exchanges: 11 Lean Meat; 1 Fruit; 12 Fat.