

Chickie Deviled Eggs II

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Servings: 12

(two tablespoons) juice of one lemon
12 large eggs
1/4 cup Parmesan cheese, grated
6 tablespoons plain nonfat Greek yogurt
4 tablespoons Caesar dressing
1/2 teaspoon pepper
12 crinkle-cut carrot slices
1 tablespoon capers

Preparation Time: 30 minutes

In a saucepan, bring water to a boil for the eggs. Squeeze the lemon for the juice. Place three cups of ice and four cups of cold water in a large bowl (for chilling the eggs).

Lower the eggs gently into the boiling water using a spoon. Cook for 14 minutes. Transfer the eggs to the ice water. Let stand 10 to 15 minutes or until well chilled. Remove the shells from the eggs.

Cut a thin slice from the bottom of each egg so that it will sit flat. Cut the top one-third from each egg. Carefully remove the yolks and place in a small bowl. Mash with a fork. Stir in the lemon juice, cheese, yogurt, dressing and pepper until well blended. Transfer the mixture to a gallon-size zip-top plastic bag. Seal the bag and cut off one corner. Fill each egg overfilling by one-half inch. Replace the egg tops.

Cut a triangle (for the beaks) out of each carrot slice. Place the remaining carrot pieces (feet) on a serving plate. Top with the filled eggs. Gently press two capers into the filling (for the eyes) and one carrot triangle (for the beak).

Chill until ready to serve.

Per Serving (excluding unknown items): 82 Calories; 5g Fat (62.2% calories from fat); 7g Protein; 1g Carbohydrate; trace Dietary Fiber; 213mg Cholesterol; 108mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 1/2 Fat; 0 Other Carbohydrates.