

Chickie Deviled Eggs

Servings: 12

12 large eggs
juice of one lemon
1/4 cup Parmesan cheese, grated
6 tablespoons plain non-fat Greek yogurt
4 tablespoons Caesar dressing
1/2 teaspoon pepper
large zip-top bag
1 tablespoon capers
12 crinkle-cut carrot slices

Preparation Time: 30 minutes

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

Lower the eggs, using a spoon, gently into the boiling water. 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 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, dressing, yogurt and pepper until well blended. Transfer the mixture to a zip-top bag (or pastry bag). Seal the bag. Cut off one corner. Fill each egg, overfilling, by 1/2-inch. Replace the tops.

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

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.

Per Serving Nutritional Analysis

Calories (kcal):	82	Vitamin B6 (mg):	.1mg
% Calories from Fat:	62.2%	Vitamin B12 (mcg):	.7mcg
% Calories from Carbohydrates:	2.6%	Thiamin B1 (mg):	trace
% Calories from Protein:	35.3%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	5g	Folacin (mcg):	24mcg
Saturated Fat (g):	2g	Niacin (mg):	trace
Monounsaturated Fat (g):	2g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	213mg	% Refused:	0%
Carbohydrate (g):	1g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	7g	Lean Meat:	1
Sodium (mg):	108mg	Vegetable:	0
Potassium (mg):	70mg	Fruit:	0
Calcium (mg):	49mg	Non-Fat Milk:	0
Iron (mg):	1mg	Fat:	1/2
Zinc (mg):	1mg	Other Carbohydrates:	0
Vitamin C (mg):	trace		
Vitamin A (i.u.):	256IU		
Vitamin A (r.e.):	73 1/2RE		

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

Calories 82 **Calories from Fat:** 51

% Daily Values*

Total Fat 5g	8%
Saturated Fat 2g	9%
Cholesterol 213mg	71%
Sodium 108mg	4%
Total Carbohydrates 1g	0%
Dietary Fiber trace	0%
Protein 7g	
Vitamin A	5%
Vitamin C	0%
Calcium	5%
Iron	5%

* Percent Daily Values are based on a 2000 calorie diet.