

Appetizer

Easy Deviled Eggs

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Preparation Time: 15 minutes

Start to Finish Time: 40 minutes

Instead of spooning the egg yolk mixture into the egg whites, fill a resealable plastic bag with the mixture, snip off one of the corners and use as a piping bag.

12 large eggs

1/3 cup lowfat yogurt

2 teaspoons Dijon mustard

3 teaspoons fresh lemon juice

Place the eggs in a large saucepan, add enough cold water to reach 2-inches above the submerged eggs, and bring to a boil. Remove from heat, cover the saucepan and let stand for 12 minutes.

Drain the eggs and return them to the saucepan. Gently shake the saucepan to crack the eggs all over. Run under cold water to cool, then peel eggs, discarding the shells.

Cut the eggs in half lengthwise. Transfer the yolks to a small bowl and mash with the yogurt, mustard, lemon juice and 1/8 teaspoon of pepper.

Spoon the mixture into the whites and sprinkled with desired toppings.

Serving Ideas: Suggested toppings can be chopped fresh herbs, crumbled bacon, sliced steamed asparagus or green beans and spices such as ground cumin, paprika or curry powder.

Yield: 24 halves

Per Serving (excluding unknown items): 947 Calories; 61g Fat (60.0% calories from fat); 80g Protein; 12g Carbohydrate; trace Dietary Fiber; 2549mg Cholesterol; 1018mg Sodium. Exchanges: 9 1/2 Lean Meat; 0 Fruit; 1/2 Non-Fat Milk; 5 Fat; 0 Other Carbohydrates.