



## Heavenly Deviled Eggs

Makes 12 Eggs

6 large eggs – hard boiled  
2 Tbsp. plain fat-free yogurt  
2 Tbsp. cup low fat mayonnaise  
2 teaspoons Dijon mustard  
½ - 1 teaspoon hot sauce  
1/8 teaspoon salt  
1/8 teaspoon pepper (optional)  
2 tablespoons chopped green onions

- Peel hard boiled eggs. Slice eggs in half and remove yolks. Discard 3 yolk halves. Set aside the 9 remaining egg yolk halves for the next step.
- In a medium mixing bowl, combine yogurt, mayonnaise, Dijon mustard, hot pepper sauce and salt. Add remaining yolks; beat with a wire whisk or in a mixer until very smooth.
- Spoon yolk mixture into each egg white half. Cover and chill for at least 1 hour.
- Sprinkle with paprika, black pepper and green onions.

Recipe adapted from [Cooking Light](#)

### Nutritional Information per egg half:

Calories: 45                      Fiber: 0g  
Total Fat: 3g                      Protein: 3.10g  
Saturated fat: 0.7g  
Carbohydrates: 1.2g