

Low fat, low carb deviled eggs



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Yield: 12 servings

Prep Time: 20 minutes. Total Time: 80 minutes.

Ingredients

- 8 eggs - hard boiled
- 8 ounces plain, nonfat yogurt
- 1 tablespoon sweet pickle relish
- 1 tablespoon Dijon mustard or more to taste
- 1/8 teaspoon salt
- 1/8 teaspoon white or black pepper
- Paprika to garnish

Preparations

1. Slice eggs in half lengthwise, and carefully remove yolks from 8 egg halves; mash yolks in a bowl. Discard remaining 8 yolk halves.
2. Finely chop 4 egg white halves, and add to the mashed yolks. Set aside remaining 12 egg white halves.
3. Spoon yogurt onto several layers of heavy-duty paper towels; spread to 1/2-inch thickness. Cover with additional paper towels; let stand 5 minutes. Scrape into yolk mixture, using a rubber spatula. This reduces excess water.
4. Add relish and next 3 ingredients, and stir well.
5. Spoon about 1 tablespoon yolk mixture into each egg white half. Cover and chill 1 hour. Sprinkle with paprika.

Nutrition Facts

Serving size: 1 filled egg half

Amount Per Serving
Calories 61

Total Fat	3g
Cholesterol	128mg
Sodium	121mg
Total Carbohydrate	2.5g
Dietary Fiber	0g
Protein	5g
Carbohydrate Serving	0

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