



Avocado Deviled Eggs

INGREDIENTS (serving size: 16)

- 8 eggs, hard boiled
- 1 ripe avocado
- 1/3 cup non-fat Greek yogurt
- 2 teaspoons fresh lemon juice
- ½ teaspoon pepper
- ½ teaspoon paprika

NUTRITION INFORMATION: 59 Calories; 4.5 grams Fat; 1-gram Saturated Fat; 0 mg Cholesterol; 32 mg Sodium; 1.5 grams Carbohydrates; 1 gram Fiber; 3 grams Protein

DIRECTIONS

1. Hard boil eggs (tip: add a teaspoon of baking soda to the water to make the shells easier to remove later). Remove shells, cut each egg in half lengthwise, and scoop out the yolks. Place yolks in a bowl to the side.
2. Peel and put the avocado and add to bowl of yolks. Use a handheld blender or food processor to puree together yolks and avocado until smooth and creamy.
3. Add Greek yogurt, lemon, and ½ teaspoon pepper or to taste.
4. Mix until smooth. Spoon yolk mixture into a piping bag and pipe into the middle of each egg white (if you do not have a piping bag, use a plastic storage bag and cut the tip off of one corner off to pipe the yolk mixture into the eggs. Or simply spoon it into the eggs).
5. Sprinkle with paprika and serve.

Chef Note: It is best to serve these deviled eggs the same day that they are made because the avocado will turn them brown as it sits for too long.