

BEST-EVER DEVILED EGGS

Deviled eggs can be really rich, so this recipe gives them a little "oomph" from the vinegar-y pickled veggies. Feel free to adjust seasonings or spice to your level.

 10 minutes 20 minutes 6 portions

INGREDIENTS

- 6 large eggs
- 3 tablespoons olive-oil mayonnaise
- 1 tablespoon yellow mustard
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 1/4 cup pickled vegetables, finely minced
- 1 teaspoon dried dill weed

COOKING METHOD

- 1° For the eggs; bring a saucepan of water to a boil on the stove. Gently lower the eggs into the water (making sure the shells don't crack).
- 2° Reduce the heat to medium-high, and cook for about 10 minutes. Drain the water and cover the eggs with ice to chill.
- 3° Once the eggs are cooled, peel and cut in half; scoop the yolk into a bowl. Place the whites aside for filling.
- 4° Add the mayonnaise, mustard, salt, pepper, half of the pickled vegetables, and half of the dill weed to the yolks. Mash until they reach the desired consistency. Use a food processor for a smoother filling. Taste and adjust the seasonings.
- 5° Transfer the mixture to a zipper bag or pastry bag. If using a zipper bag, snip off the end. Pipe into each egg white half. If there is any left, pipe directly into your mouth. You deserve it.
- 6° Garnish with the other half of the pickled veggies and dill weed.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (67 g)	% DRI
ENERGY	187 kcal	126 kcal	6 %
FAT	16 g	11 g	16 %
FATTY ACIDS, TOTAL SATURATED	4 g	2 g	12 %
CHOLESTEROL	276 mg	186 mg	62 %
SODIUM	605 mg	407 mg	17 %
CARBOHYDRATE	1 g	1 g	0 %
SUGARS	0 g	0 g	—
FIBER	0 g	0 g	1 %
PROTEIN	10 g	6 g	—