

FREE SAMPLE RECIPE · HAWKINC KITCHEN

Classic Holiday Deviled Eggs

A Christmas party classic made lighter with light mayo and sweet relish, at about 29 cents an egg.

Makes 12 servings | Serving: 1 egg | About $0.29 per serving | 20 min

Ingredients

- 12 hard cooked eggs
- 1/3 cup sweet onion (finely chopped)
- 1/3 cup pickle relish
- 1/3 cup light mayonnaise or salad dressing
- 2 teaspoons prepared mustard
- 1/8 teaspoon salt
- 1/8 teaspoon ground black pepper

Nutrition Facts

Per serving (1 egg)

Calories	**110**
Total Fat	7 g
Saturated Fat	2 g
Sodium	200 mg
Total Carbohydrate	4 g
Dietary Fiber	0 g
Total Sugars	3 g
Added Sugars	0 g
Protein	6 g
Calcium	28 mg
Iron	1 mg
Potassium	79 mg

Method

1. Halve the eggs lengthwise, pop the yolks into a bowl and set the whites aside.
2. Mash the yolks with the onion, relish, mayonnaise, mustard, salt and pepper.
3. Spoon the filling into the whites and chill until serving.

Swaps: Garnish with paprika or chopped chives for color. Traveling? Mix the filling in a zip bag and fill the whites on arrival.

Storage: Refrigerate covered and eat within 2 days. Do not leave out more than 2 hours.

Why it's good for you

- Eggs give protein in a small, party-sized bite.[1]

[1] Harvard T.H. Chan School of Public Health, The Nutrition Source: Protein, https://nutritionsource.hsph.harvard.edu/what-should-you-eat/protein/

Recipe adapted from Iowa State University Extension and Outreach, Spend Smart. Eat Smart.: https://spendsmart.extension.iastate.edu/recipe/rhondas-deviled-eggs/. Nutrition per serving and cost as published by the source; method rewritten. General information, not medical advice.

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