



CHEF MILLIE PEARTREE'S HEART HEALTHY HOLIDAY HACKS

DEVILED EGGS

PREP: 5 mins

COOK: 10 mins

READY: 15 mins

SERVES: 12

INGREDIENTS:

- 6 large eggs
- 3 Tbsp mayonnaise
(**SWAP** with fat-free, plain Greek yogurt)
- 1 tsp dijon mustard
- 1 tsp warm water - optional
- Dash of hot sauce
- ¼ tsp onion powder
- Fresh chives
- Paprika

INSTRUCTIONS:

1. **Boil:** Add eggs into a large saucepan and add cold water so that water covers eggs by about 2 inches. Cover and bring water to a boil omit* over high heat. Once boiling, remove pot from heat and let set for 10 minutes.
2. **Ice Bath:** While eggs sit, fill a large bowl with cold water and ice cubes. When eggs have reached 10 minutes, remove them from the hot water and drop them into the ice bath until cooled completely.
3. **Prep Eggs:** Gently tap eggs on the counter all around the shell to break it, then peel off shell. Cut eggs in half, lengthwise, then use a small spoon to gently scoop out the yolk.
4. **Filling:** Mash yolks with a fork or potato masher, then stir in yogurt, mustard, water (depending on consistency), chives and onion powder. If filling doesn't seem creamy or silky smooth, add a spoonful more of yogurt (or mayonnaise).
5. **Pipe:** Spoon yolk filling into a pastry bag fitted with a large star tip (alternatively, use a Ziploc bag with a corner cut off or simply spoon it into the egg whites). Pipe filling into each egg white, garnishing with paprika and chives. Serve immediately, or store for up to 8 hours in the fridge.

TRUE
TO
YOUR
HEART



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