

## Deviled Eggs

*Clean up is heavenly when you make these delicious deviled eggs!*

6 servings

### Ingredients:

- 6 hard-boiled eggs, peeled
- 1/4 cup mayonnaise
- 1/8 teaspoon salt
- 1/8 teaspoon pepper

### Directions:

- 1.Slice eggs into halves lengthwise and save the whites.
2. Place yolks in a 1 quart zip-style bag with remaining ingredients; press out air. Close bag and knead until ingredients are well-blended.
- 3.Push contents toward corner of bag. Snip about 1/2 inch or less off corner of bag. Squeezing bag gently, fill reserved whites with yolk mixture.
- 4.Chill to blend flavors.

**Nutrition Facts:** One deviled egg provides 120 calories, 9g total fat, 215mg cholesterol, 180mg sodium, 3g total carbohydrate

K-State Research and Extension  
Family Nutrition Program

**Kids a Cookin'**

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### Chef's Choice

Deviled Eggs  
Tuna Salad Sandwiches  
Carrots  
Milk

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