



Deviled Eggs or Egg Salad

Ingredients

1 dozen eggs
 2 tsp. mustard (Dijon style)
 1/3 cup light mayonnaise
 1/4 tsp. celery salt
 Dash of pepper
 1 T. chopped, fresh herbs, such as dill or parsley or 1 t. dried herbs (optional)
 Paprika to sprinkle on top (optional)

Variation: add about 2 T. chopped green olives with pimiento.

To make egg salad: simply chop the hard boiled eggs after peeling them and add the remaining ingredients. Mix well.

Instructions

1. Hard boil the eggs by placing them in a heavy bottomed pot and covering with water 1" over tops of eggs. Bring water to a boil over medium high heat. Remove the pan from heat and cover tightly with a lid for about 12 minutes. Drain and immediately cool the eggs by running under cold water or putting them in ice water for a few minutes.

2. Peel the eggs and cut them in half long ways. Carefully pop out the yolk and place in a small mixing bowl. Place the white part of the eggs on a tray.

3. Once all of the yolks are in the small mixing bowl, mash the yolk with a fork and add the mustard, mayonnaise, salt, pepper, and any desired herbs (dill, parsley, tarragon, etc.) Mix well.

4. Place about 1 T. of the egg yolk mixture back into the egg white halves and sprinkle with paprika. Arrange on a platter to serve.

Nutrition Facts

Serving Size 2 halves
 Servings Per Container 12

Amount Per Serving

Calories 80 **Calories from Fat 50**

% Daily Value*

Total Fat 5g **8%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 155mg **52%**

Sodium 130mg **5%**

Total Carbohydrate 1g **0%**

Dietary Fiber 0g **0%**

Sugars 0g

Protein 5g

Vitamin A 10% • Vitamin C 0%

Calcium 0% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Source: adapted by Moira Tidball, Nutrition Resource Educator, Seneca CCE

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