

Deviled Eggs

Yield: 4 servings

Ingredients:

6 eggs

1/4 cup mayonnaise

1 teaspoon white vinegar

1 teaspoon yellow mustard

1/8 teaspoon salt

Freshly ground black pepper

1 slice of cooked ham (optional)

Paprika, chives or assorted herbs for garnish

Directions:

- 1. Place eggs in a single layer in a saucepan and cover with enough water that there's 1 1/2 inches of water above the eggs. Heat on high until water begins to boil, then cover, turn the heat to low, and cook for 1 minute. Remove from heat and leave covered for 14 minutes, then rinse under cold water continuously for 1 minute.**
- 2. Crack egg shells and carefully peel under cool running water. Gently dry with paper towels. Slice the eggs in half lengthwise, removing yolks to a medium bowl, and placing the whites on a serving platter. Mash the yolks into a fine crumble using a fork. Add mayonnaise, vinegar, mustard, salt, and pepper, and mix well.**
- 3. Add the cooked ham diced very small (optional)**
- 4. Evenly disperse heaping teaspoons of the yolk mixture into the egg whites. Sprinkle with paprika, chives or assorted herbs and serve.**



Nutritional analysis per serving:

Calories 194 calories

Total Fat 17g

Saturated Fat 4g

Carbohydrates 1g

Dietary Fibre 0g

Sugar 0g

Protein 8g

Cholesterol 246mg

Sodium 190mg

Source: Mary Nolan

Photo:- wirestock, Freepik

