



Diet-Friendly Deviled Eggs

Ingredients

- 6 large eggs
- 3 Tbsp Greek yogurt
- 1 tsp dijon mustard
- 1 tsp lemon juice
- 1/4 tsp garlic powder
- Dash of hot sauce
- Paprika for garnish

Instructions

1. Place eggs in a large saucepan. Fill saucepan with cold water until eggs are covered by about 2 inches of water. Bring to a boil. Once boiling, remove from heat and allow to stand for 10 minutes.
2. Fill a large bowl with cold water and ice. After 10 minutes, place eggs into ice water bath and allow to cool completely.
3. Once cooled, remove eggs from ice water bath, peel, and discard shells.
4. Cut eggs in half lengthwise. Use a small spoon to scoop out the yolks and place them in a medium bowl.
5. Mash yolks with a fork. Then stir in lemon juice, garlic powder, and a dash of hot sauce.
6. Use a small spoon to scoop yolk filling evenly into each egg white. Garnish with paprika.
7. Serve immediately or refrigerate for up to 8 hours.

Nutrition Facts

Per 1 egg (2 halves): 80 calories, 5 g fat (2 g saturated fat), 1 g carbohydrate, 85 mg sodium, 7 g protein