

# Avocado Deviled Eggs

Prep Time: 15 minutes

Makes: 12 servings, 2 filled egg whites each

## WHAT YOU NEED

- 12 hard cooked eggs
- 2 ripe avocados, pitted, peeled, pulp removed
- 5 tablespoons reduced fat mayonnaise
- 4 tablespoons lime juice
- 1 teaspoon garlic salt
- 1/4 teaspoon smoked paprika OR cayenne pepper
- Smoked paprika, cilantro leaves OR chopped green onion (optional)

## HERE'S HOW

1. SLICE eggs lengthwise in half. REMOVE yolks; place in a medium mixing bowl.
2. MASH avocados with yolks. STIR in mayonnaise, lime juice, garlic salt and paprika until well blended.
3. SPOON filling into egg whites. GARNISH each with paprika, cilantro leaves OR chopped green onion.

## ENJOY

## INSIDER INFORMATION

- Very fresh eggs can be difficult to peel. To ensure easily peeled eggs, buy and refrigerate them a week to 10 days in advance of cooking. This brief "breather" allows the eggs time to take in air, which helps separate the membranes from the shell.
- To hard-cook eggs: PLACE eggs in saucepan large enough to hold them in single layer. ADD cold water to cover eggs by 1 inch. HEAT over high heat just to boiling. REMOVE from burner. COVER pan. LET EGGS STAND in hot water about 15 minutes for large eggs (12 minutes for medium eggs; 18 minutes for extra-large) COOL completely under cold running water and peel.
- Hard-cooked eggs are easiest to peel right after cooling. Cooling causes the egg to contract slightly in the shell.
- To peel a hard-cooked egg: Gently tap egg on countertop until shell is finely crackled all over. Roll egg between hands to loosen shell. Starting peeling at large end, holding egg under cold running water to help ease the shell off.
- Hard-cooked egg storage time: In the shell, hard-cooked eggs can be refrigerated safely up to one week. Refrigerate in their original carton to prevent odor absorption. Once peeled, eggs should be eaten that day.