

Easy Yogurt Deviled Eggs

From the University of Illinois Extension

<http://web.extension.illinois.edu/ghhpsw/recipe/110404.html>

Ingredients

- 6 hard cooked eggs
- ¼ cup plain low-fat yogurt
- ¼ tsp. Worcestershire sauce
- 1 tsp. instant minced onion
- 1/8 tsp. pepper
- 1 tsp. parsley flakes
- 1 tsp. lemon juice
- ¾ tsp. prepared mustard
- Dash paprika

Instructions

1. Cut eggs in half length-wise.
2. Remove yolks & place in plastic food storage bag.
3. Add remaining ingredients to the bag.
4. Close bag and knead until everything is well blended & smooth.
5. Push the contents toward the center.
6. Snip about ½-inch off the corner of the bag.
7. Squeezing the bag gently, fill the hollow of the egg whites with the yolk mixture
8. Refrigerate until served.

Makes 12 servings (1/2 egg per serving)

Nutritional information per serving (12 servings)

- Calorie: 45
- Total fat: 2.5g
- Calories from fat: 25
- Sodium: 40mg
- Total carbohydrate: 1g
- Dietary fiber: 0g

