Heavenly Deviled Eggs

6 servings (2 halves per serving)

- 6 eggs in the shell
- 2 Tbs light mayo, salad dressing or ranch dressing
- 1 tsp mustard

1. Put the eggs into a saucepan. Cover with cold water.
2. Bring eggs to a simmer (small bubbles) on top of the range and cook for 12 minutes.
3. Remove from the heat and drain.
4. Crack eggs under cold water and allow to cool. Remove shells.
5. Split eggs in half lengthwise and remove yolks.
6. Put yolks, dressing and mustard into a small zipper-lock plastic bag to mix.
7. Cut a small hole in a lower corner of the bag. Squeeze mixture into egg white halves. Garnish.

Garnishes
- paprika
- cayenne pepper (if you like it hot)
- chili powder
- pickle relish
- sliced scallions (green onion tops)
- sliced green or black olives

Healthy Menu

Brown Beans and Rice
Heavenly Deviled Eggs
Cornbread
Tomato Juice