



## Southwestern Deviled Eggs *in a new light*

Makes: 12 servings

Prep Time: 10 minutes

Cook Time: 20 minutes

Difficulty: Easy

### Ingredients:

- 6 large eggs
- 2 tablespoons light mayonnaise
- 2 tablespoons salsa
- 1 tablespoon nonfat plain Greek yogurt
- 2 tablespoons scallions, finely chopped
- 1/2 teaspoon ground cumin
- Freshly ground black pepper, to taste
- 1 tablespoon finely grated reduced-fat cheddar cheese

### Directions:

Place eggs in a single layer in a saucepan with enough cold water to cover; bring to a boil over high heat. Immediately remove from the heat. Cover and let stand 15 minutes. Drain; run under cold running water.

Peel the eggs and cut in half lengthwise. Remove the yolks. Discard one yolk. Mash remaining yolks with mayonnaise, salsa, yogurt, 1 tablespoon scallions, cumin, and pepper in a medium bowl until well mixed. Spoon the mixture into the egg white halves. Top evenly with the cheese and sprinkle with the remaining 1 tablespoon of scallions.

Place eggs on a plate, cover loosely with plastic wrap, and chill until ready to serve.

**Nutritional Information:** *Per serving (1 filled egg half): 45 calories, 3 g fat (1 g saturated, 0 g trans), 90 mg cholesterol, 70 mg sodium, 1 g carbohydrate, 0 g fiber, 3 g protein.*

Material reviewed by Diabetes Care and Education, a dietetic practice group of the Academy of Nutrition and Dietetics.

**Diabetes Care  
and Education**  
a dietetic practice group of the  
**eat right.** Academy of Nutrition  
and Dietetics

A good balance of the right foods, along with regular exercise and your prescribed medications, can help you feel better and stay healthier. As with any meal, remember to pay attention to portion size and enjoy every dish as part of your overall meal plan. Work with your health care team to determine a meal plan that works for you.