

# EatingWell Deviled Eggs

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Deviled eggs are a perennial potluck favorite. Our recipe replaces some of the egg yolks with nonfat cottage cheese—keeping the filling velvety and rich while reducing some of the fat. No one will know the difference

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## READER'S COMMENT:

*"Try fresh tarragon instead of the relish! Save some fresh leaves for a decorative garnish. "*

**Makes:** 24 servings

**Active Time:** 20 minutes

**Total Time:** 20 minutes

## Ingredients

- 12 large hard-boiled eggs (see Tip), peeled
- 1/3 cup nonfat cottage cheese
- 1/4 cup low-fat mayonnaise
- 3 tablespoons minced fresh chives or scallion greens
- 1 tablespoon sweet pickle relish
- 2 teaspoons yellow mustard
- 1/8 teaspoon salt
- Paprika for garnish

## Preparation

1. Halve eggs lengthwise with a sharp knife. Gently remove the yolks. Place 16 yolk halves in a food processor (discard the remaining 8 yolk halves). Add cottage cheese, mayonnaise, chives (or scallion greens), relish, mustard and salt; process until smooth.
2. Spoon about 2 teaspoons yolk mixture into each egg white half. Sprinkle with paprika, if desired.



## Tips & Notes

- **Make Ahead Tip:** Cover and refrigerate for up to 1 day.
- **Tip:** To hard-boil eggs: Place eggs in a single layer in a saucepan; cover with water. Bring to a simmer over medium-high heat. Reduce heat to low and cook at the barest simmer for 10 minutes. Remove from heat, pour out hot water and cover the eggs with ice-cold water. Let stand until cool enough to handle before peeling.

## Nutrition

**Per serving:** 34 calories; 2 g fat ( 1 g sat , 1 g mono ); 71 mg cholesterol; 1 g carbohydrates; 0 g added sugars; 3 g protein; 0 g fiber; 85 mg sodium; 31 mg potassium.

**Exchanges:** 1/2 medium-fat meat