

BACON • HORSERADISH Deviled Eggs



Ingredients

- 12 hard-cooked large eggs
- 1/4 cup plain 2% reduced-fat Greek yogurt
- 3 tablespoons canola mayonnaise
- 2 tablespoons chopped chives
- 2 tablespoons prepared horseradish
- 1/2 teaspoon black pepper
- 1/4 teaspoon kosher salt
- 4 cooked, crumbled bacon slices

Preparation

Cut hard-cooked eggs in half. Place yolks in a bowl; add yogurt, mayonnaise, chives, horseradish, pepper, and salt. Mash until smooth; stir in bacon. Spoon into egg whites.

Serves 12 (serving size: 2 egg halves)

Nutritional Information

Calories 100 Fat 6.9g Saturated 2g Monounsaturated 2.9g Polyunsaturated 1.4g Protein 8g Carbohydrate 1g Fiber 0.0g Cholesterol 189mg Iron 1mg Sodium 196mg Calcium 34mg Sugars 1g Est. added sugars 0g

WAC Fun Food Fact

Let's celebrate the fact that eggs are no longer considered to be unhealthy for the heart. They do contain cholesterol in the yolk, but most people can eat several eggs every week without negative effects on their blood cholesterol levels. Eggs are a great source of protein and can be prepared in so many different ways for breakfast, lunch, or even dinner!



Recipe of the Month | **JANUARY**