

Avocado Deviled Eggs

Yield: 6 servings

Serving Size: 2 halves

Ingredients:

- 6 eggs, hard boiled and peeled
- 1½ teaspoons lime juice
- 3 tablespoons light mayo
- 1 teaspoon chopped parsley
- 2 cloves fresh garlic, minced
- 2 teaspoons ground cayenne pepper (or substitute paprika for less spice)
- 1 ripe avocado, peeled and pitted

Directions:

1. Cut eggs lengthwise and remove yolks. Set aside half the yolks in bowl and discard the others.
2. In a medium bowl, combine egg yolks, avocado, lime juice, mayo, half of the parsley, cayenne pepper, and garlic.
3. Spoon mixture into egg whites and garnish with other half of chopped parsley.

Nutrition Information per Serving:

Calories 97, Fat 7g, Protein 5g, Carbohydrate 4g, Fiber 2g, Sodium 126mg

Recipe from: *Fresh Conversations*

