



Shrimp Deviled Eggs

Prep: 20 minutes plus standing

Cook: 10 minutes • Makes: 24 deviled eggs

- 12 large eggs
 - 1 cup cooked salad shrimp (about 6 ounces), thawed if necessary
 - ½ cup mayonnaise
 - 3 tablespoons chopped chives
 - 3 tablespoons pickle relish
 - 2 teaspoons Dijon mustard
 - 1 teaspoon garlic powder
 - ½ teaspoon salt
 - ⅛ teaspoon ground cayenne pepper
- Optional toppings: sliced red bell pepper, chopped fresh parsley leaves, drained capers

1. Place eggs in saucepot large enough to hold them in single layer. Add enough water to cover. Heat water to boiling over medium-high heat. Immediately remove saucepot from heat; cover and let stand 15 minutes. Drain immediately, then place in large bowl filled with ice and cold water; let stand 10 minutes.

2. Meanwhile, finely chop ½ cup shrimp.

3. Peel eggs; cut each egg lengthwise in half. Carefully remove yolks and place in medium bowl; place egg white halves on serving platter. With fork, mash yolks until smooth; stir in mayonnaise, chives, relish, Dijon, garlic powder, salt, cayenne pepper and chopped shrimp until well combined. Evenly spoon yolk mixture into egg white halves. Cover with plastic wrap and refrigerate up to 1 day in advance. Top deviled eggs with remaining shrimp and toppings, if desired, just before serving.

*Approximate nutritional values per serving (1 deviled egg):
66 Calories, 5g Fat (3g Saturated), 107mg Cholesterol,
185mg Sodium, 2g Carbohydrates, 0g Fiber, 5g Protein*

Chef Tip

For a time-saver, use refrigerated hard-cooked peeled eggs.

To easily fill eggs, transfer yolk mixture to large zip-tight plastic bag with bottom corner snipped off. Gently squeeze bag to fill egg white halves with yolk mixture.

Dietitian's Dish

- > Use low fat yogurt in place of mayonnaise to cut down on calories and fat.