



Weekly Recipe Challenge



Devilish Egg *(courtesy of EatingWell)*

A hard-boiled egg is a protein-packed snack on its own—give it a little more pizzazz with a bit of mayo and mustard on top.

1 serving (0 Carbohydrate Serving) | **Active Time:** 5 minutes | **Total Time:** 5 minutes (not including hard-boiling egg)



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.

Ingredients

- 1 teaspoon low-fat mayonnaise
- 1/4 teaspoon whole-grain mustard
- Pinch of salt
- Pinch of freshly ground pepper
- 1 large hard-boiled egg (see Tip), peeled

Instructions

1. Combine mayonnaise, mustard, salt and pepper in a small bowl.
2. Cut egg in half and dollop the mayonnaise mixture on top.

Nutritional Information *(per serving)* **Exchanges:** 1 medium-fat meat

- **Calories** 91
- **Carbohydrates** 2g (Fiber 0g)
- **Cholesterol** 213mg
- **Fat** 6g (2g Saturated Fat; 2g Monounsaturated)
- **Sodium** 414mg
- **Potassium** 68mg
- **Protein** 6g