Southwestern Deviled Eggs

in a new light

Makes: 12 servings
Prep Time: 10 minutes
Cook Time: 20 minutes
Difficulty: Easy

Ingredients:

- 6 large eggs
- 2 tablespoons light mayonnaise
- 2 tablespoons salsa
- 1 tablespoon nonfat plain Greek yogurt
- 2 tablespoons scallions, finely chopped
- 1/2 teaspoon ground cumin
- Freshly ground black pepper, to taste
- 1 tablespoon finely grated reduced-fat cheddar cheese

Directions:

Place eggs in a single layer in a saucepan with enough cold water to cover; bring to a boil over high heat. Immediately remove from the heat. Cover and let stand 15 minutes. Drain; run under cold running water.

Peel the eggs and cut in half lengthwise. Remove the yolks. Discard one yolk. Mash remaining yolks with mayonnaise, salsa, yogurt, 1 tablespoon scallions, cumin, and pepper in a medium bowl until well mixed. Spoon the mixture into the egg white halves. Top evenly with the cheese and sprinkle with the remaining 1 tablespoon of scallions.

Place eggs on a plate, cover loosely with plastic wrap, and chill until ready to serve.

Nutritional Information: Per serving (1 filled egg half): 45 calories, 3 g fat (1 g saturated, 0 g trans), 90 mg cholesterol, 70 mg sodium, 1 g carbohydrate, 0 g fiber, 3 g protein. 