

## C's Amazing Deviled Eggs

10 Large hard-boiled eggs (discard 5 yolks!)

1/3 cup minced ham cubes

1/4 cup Kraft Light Mayo

1/4 cup Plain Non-Fat PLAIN yogurt

1 1/2 Tbsp. Yellow Mustard

Generous shakes of Spike or Veggie-Salt

### **Directions:**

1. Hard-boil the eggs in a large pot with enough salted water to cover all of the eggs for at least 8 minutes of a rolling boil. Cover pot and remove from heat. Let stand for at least 10 - 12 minutes. Uncover and put the pot into the sink and run cold water into it until there is no more hot water. Let eggs cool in fridge until no longer warm to the touch.
2. Peel all of the eggs, slice length-wise, remove the yolks and discard HALF of the yolks, in this case five yolks. In a bowl, smash yolks with a fork until creamy, but not crumbly. Add ham, mayo, yogurt and mustard and cream together until smooth. Add seasoning to your taste.
3. Place the white halves on a flat tray and fill with the yolk mixture. Garnish if you'd like with chopped parsley and/or paprika for color.

**Yields:** 10 servings (one entire egg) Calories: 27 Protein: 8 g., Carbs: >1 g. Fat: 3 g.

**1 EGG = 1 UNIT PROTEIN**