

C's Wasabi Be-Deviled Eggs

Yields: However many you choose to make is fine.

This recipe makes 10 servings. One egg = 1 unit protein & fat

Ingredients:

10 Extra Large Eggs, hard-boiled
-Discard FIVE yolks!
1/4 cup Low-fat Cottage Cheese
1/4 cup Kraft Light Mayo
1/4 cup Plain Yogurt
1 1/2 tsp. Wasabi Paste (in the Asian Foods Isle)
2 tsp. Rice-Wine Vinegar
2 Large Scallions, minced (makes about 3 Tbsp.)
Kosher salt to taste

Directions:

Step 1: Hard-boil your eggs in a large pot with cold water covering your eggs with at least one inch of water. Bring to a rolling boil for 3 minutes. Cover, remove from heat and allow to stand for about 10 - 15 minutes. Drain and transfer eggs to an ice-water bath until cold. Crack the shells a bit and let the cracked shelled eggs sit while you are moving on to Step 2.

Step 2: Place all of the ingredients from the Cottage cheese down into a blender or food processor. Do not blend yet. Set aside.

Step 3: Remove the shells from the eggs. Split the eggs length-wise. Discard 5 of the ten yolks. Add the remaining 5 yolks to the blender or food processor. Blend well until smooth.

Step 4: Use a spoon or little spatula to scoop the above into each egg evenly. Enjoy!