Deviled Eggs

Clean up is heavenly when you make these delicious deviled eggs!

**Level:** Easy  
**Serves 6**

**Ingredients:**
- 6 hard-boiled eggs, peeled
- ¼ cup mayonnaise
- ⅛ teaspoon salt
- ⅛ teaspoon pepper

**Directions:**

Remember to wash your hands!

1. Slice eggs into halves lengthwise and save the whites.
2. Place yolks in a 1 quart zip-style bag with remaining ingredients; press out air. Close bag and knead until ingredients are well-blended.
3. Push contents toward corner of bag. Snip about ½ inch or less off the corner of bag. Squeezing bag gently, fill reserved whites with yolk mixture.
4. Chill to blend flavors.

**Helpful Hints:** How to cook a perfect hard-boiled egg: Cover eggs with water in saucepan. Bring to boil. Reduce heat to simmer; cook for 15 minutes. Immediately rinse under cold water to stop cooking and to ease peeling. Refrigerate until use. Egg yolks turn green when they are overcooked.

**Safety Tip:** Be sure to refrigerate leftover eggs. Eat within two days, or discard.

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**Kids’ Tool Kit**
- Knife
- Cutting board
- Measuring cups
- Measuring spoons
- Zip-style bag
- Scissors
- Spoon

**Chef’s Choice**
- Deviled Eggs
- Tuna salad sandwiches
- Carrots
- Milk

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**Nutrition Facts**

<table>
<thead>
<tr>
<th>Serving Size 1 egg (50g)</th>
<th>Serves Per Container 6</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Calories</strong></td>
<td>120</td>
</tr>
<tr>
<td><strong>% Daily Value</strong></td>
<td>13%</td>
</tr>
<tr>
<td>Total Fat</td>
<td>5g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>2g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>215mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>180mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>3g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>0g</td>
</tr>
<tr>
<td>Sugars</td>
<td>2g</td>
</tr>
<tr>
<td>Protein</td>
<td>5g</td>
</tr>
</tbody>
</table>

**Vitamin A 6%**  
**Vitamin C 0%**  
**Calcium 2%**  
**Iron 4%**

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.*

- Total Fat: Less than 6g  
- Saturated Fat: Less than 2g  
- Cholesterol: Less than 215mg  
- Sodium: Less than 1,400mg  
- Total Carbohydrate: Less than 30g  
- Dietary Fiber: Less than 12g  
- Sugars: Less than 10g  
- Protein: Less than 5g

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For more information about this and other fun recipes: contact your county extension office or visit the Web site at **www.kidsacookin.ksu.edu**, or e-mail **kidsacookin@ksu.edu**.

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This institution is an equal opportunity employer. This material was funded by USDA’s Food Stamp Program through a contract awarded by the Kansas Department of Social and Rehabilitation Services. The Food Stamp Program provides nutrition assistance to people with low income. To find out more, contact your local SRS office or call 1-800-221-5689.