

## Cajun Deviled Eggs

### Ingredients:

- 6 eggs
- 2 Tbsp mayonnaise
- 1 tsp Dijon mustard
- ½ tsp salt
- ¼ tsp black pepper, ground
- ¼ tsp cayenne (red pepper), ground

### Directions:

1. Place eggs in a medium saucepan and cover with cold water. Bring water to a boil and immediately remove from heat.
2. Cover and let eggs stand in hot water for 12-15 minutes. Remove from hot water, cool, and peel.
3. Slice eggs in half lengthwise. Remove yolks and place in a medium bowl.
4. Set aside egg whites.
5. Mash mayonnaise, Dijon mustard, salt and black pepper with egg yolks using a fork.
6. Fill the hollowed egg white halves with the yolk mixture. Sprinkle with cayenne pepper, adjusting the amount to taste.
7. Cover and chill in the refrigerator until serving.

### For Our Program:

#### *Nutrition Information:*

Serving Size = 1 egg

Carbohydrates per serving = 0.3g