

CLASSIC DEVEILED EGGS

Classic deviled eggs, made extra creamy with homemade mayo and a tangy Dijon-horseradish kick



INSTRUCTIONS

1. Hard boil the eggs

- 12 large eggs
- 1 Tbsp white vinegar

Put the cold eggs in a large saucepan and add enough cold water to cover them by about 1 inch. Add the vinegar to the water — this helps weaken the shells so they peel away cleanly. Set the pan over high heat and bring to a rolling boil. Once boiling, cover with a lid, turn off the heat, and let the eggs sit for exactly 17 minutes. While they sit, fill a large bowl with ice water. After 17 minutes, transfer the eggs immediately to the ice water bath and let them cool for at least 5 minutes before peeling.

2. Prep the yolks

- Hard-boiled eggs (from step 1)

Slice the eggs in half lengthwise. Remove the yolks and transfer them to a medium bowl. Set the whites aside.

3. Make the filling

- 1/3 cup homemade mayo
- 1 heaping Tbsp Dijon mustard (ideally Dijon with horseradish)
- 1 Tbsp dill pickle juice or white vinegar
- 1 tsp honey
- 1/8 tsp salt
- 1/8 tsp pepper
- Dash of Tabasco sauce (optional)

Add the mayo, Dijon mustard, pickle juice (or vinegar), honey, salt, pepper, and Tabasco to the yolks. Mash well with a fork until smooth and creamy.

4. Fill and garnish the eggs

- Paprika, for sprinkling
- Bacon pieces, optional
- Dill pickle slices, optional

Spoon or pipe the filling into each egg white. Sprinkle with paprika and bacon, if using, and top with a small dill pickle slice if desired. Serve chilled.

NUTRITION (per deviled egg, makes 24)

- Calories: 55
- Total Fat: 4g
- Saturated Fat: 1g
- Total Carbs: 1g
- Fiber: 0g
- Net Carbs: 1g
- Protein: 3g

STORAGE

Best assembled within a day of serving. If prepping ahead, boil and peel the eggs and make the filling up to 2 days in advance, storing the whites and filling separately in airtight containers. Assemble just before serving. Store any leftovers in the fridge in an airtight container.



Recipe created by Mind-Body Functional Health.
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