



Avocado Deviled Eggs

Prep: 5 minutes | Cook: 0 minutes | Total: 5 minutes

Yield: 1 serving | Serving Size: 1 batch (4 filled egg white halves)

Ingredients

- 2 hardboiled eggs
- ¼ ripe avocado, peeled and pit removed
- ½-1 teaspoon lemon juice or vinegar (e.g. white distilled, apple cider), to taste
- ½-1 teaspoon olive oil or avocado oil, as needed to adjust the consistency
- 1 pinch salt
- 1 pinch ground black pepper
- 1 pinch sweet or smoked paprika

Directions

1. Peel the hardboiled eggs, then slice in half lengthwise.
2. Remove the yolks from the egg halves and transfer to a small bowl. Mash into small pieces with a fork.
3. Add the avocado, lemon juice or vinegar, oil, salt, and black pepper. Mash with the fork to combine, adding more lemon juice or vinegar and/or oil to adjust the flavor and consistency as desired.
4. Using two spoons, one to scoop and one to scrape, divide the egg yolk-avocado mixture between the egg white halves (~1 tablespoon each).
5. Sprinkle the paprika over the tops of the filled eggs.
6. Serve right away, or chill before serving if desired.

Recipe Notes

- These deviled eggs are best served right away, or within a few hours of placing in the refrigerator, as the avocado will brown over time.
- Consider adding other spices such as garlic powder, onion powder, or cayenne.
- To hard-boil eggs, place in a medium to large saucepan and cover with water by about 1 inch. Bring the water to a boil, then turn off the heat and cover with a lid. Let sit for 12-13 minutes, then carefully transfer to ice water.
- Check avocados for ripeness by pressing gently on the skin. They are ripe when soft enough to push into slightly.

**Nutrition Facts Per Serving: Calories: 270 | Total Fat: 23.5 g | Saturated Fat: 5.5 g
Sodium: 280 mg | Total Carbohydrate: 5.5 g | Dietary Fiber: 3.5 g | Protein: 12 g**

For more recipes, please visit www.nutrition.va.gov



VA | U.S. Department
of Veterans Affairs