

Deviled Eggs

The Devil made me do it – (eat several of them)!



Totals: per each deviled egg (makes 12)

Calories 45 Fat 3g Fiber 0g Carbs 2g

What you'll need:

- 7 Medium eggs boiled, peeled and halved
- 3 T fat free mayonnaise
- 3 T sweet pickle relish
- Lawry's seasoned salt
- 1 Medium sized bowl for mixing
- 1 Plate for serving

Let's get to cooking!

1. Scoop out the yolks from the eggs and put yolks in the bowl.
2. As you do this place the firm egg white half on a plate.
3. Take a fork and smash the yolks for easier mixing.
4. Take 2 of the egg white halves and chop them up finely and put them in with the smashed yolks.
5. Add mayo and pickle relish to the yolks and mix well till it makes a creamy filling.
6. Take a small spoon and scoop up a spoonful of the filling and place it in the firm egg white half. Repeat this until all 12 of your egg white halves are full of filling.
7. Arrange your deviled eggs on the plate and dust with Lawry's seasoned salt. The Lawry's not only gives it a salty taste as a contrast for the sweet relish but it serves as a decorative garnish as well!

The Fourth of July, barbecue, and it's various side dishes, inspired this **Kitty's Lighter Weigh** recipe.