

Farmers Market Fun Family Recipes

COLOR SPICED DEVILED EGGS



Serving Size: 1

Yield: 12 servings

Ingredients

6 hard-boiled eggs	¼ cup fat-free sour cream
¼ cup shredded reduced-fat (2%) cheese	1 teaspoon mustard
¼ cup reduced-fat mayonnaise	Chopped green onions and paprika for garnishing

Instructions

1. Cut each egg in half lengthwise. Lay egg whites on platter.
2. In mixing bowl, mash yolks and mix with mayo, cheese, sour cream, and mustard.
3. Spoon 1 Tablespoon of mixture into each egg white; garnish with green onion and paprika.
4. Refrigerate until ready to serve.

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Nutrition information:

Calories: 60

Carbohydrate: 2 gm

Fiber: 0 gm

Fat: 3.5 gm

Protein: 4 gm

Cholesterol: 95 mg

Sodium: 100 mg

*For more information,
contact your county
WVU Extension office
or go to www.ext.wvu.edu.*



Food Safety First

Store fruits and vegetables in the refrigerator above meat and other foods to prevent cross-contamination. Cross-contamination is the transfer of bacteria, viruses, molds, and fungi from one surface or food to another. This can cause foodborne illness.

Remember

Always wash your hands before preparing or eating produce. To properly wash your hands, use warm running water, lather with soap for 20 seconds, and dry hands with a clean paper towel or hand towel. Use the towel to turn off the tap. This prevents bacteria that you transferred to the tap handle when turning on the water from recontaminating your hands.

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