



BLT Deviled Eggs



1/6th of recipe (4 pieces): 120 calories, 6.5g total fat (2g sat. fat), 298mg sodium, 3.5g carbs, 0.5g fiber, 1.5g sugars, 10.5g protein

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Prep: 10 minutes **Cook:** 20 minutes

Cool: 20 minutes



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Ingredients

12 large eggs
2 tbsp. light/reduced-fat cream cheese
3 tbsp. light mayonnaise
1/4 tsp. garlic powder
1/8 tsp. each salt and black pepper
1/2 cup finely chopped spinach
2 tbsp. precooked crumbled bacon
1 tbsp. finely chopped red onion
12 cherry tomatoes, halved

Directions

Place eggs in a pot, and cover with water. Bring to a boil, and cook for 10 minutes. Transfer eggs to a bowl, and cover with ice and cold water. Let sit for 20 minutes.

Gently crack eggs on the rim of the bowl, and peel off the shells. Halve eggs lengthwise. Discard 8 of the yolks (or save for another use).

In a medium bowl, stir cream cheese until smooth. Add the remaining 4 yolks, and mash with a fork. Add mayo, garlic powder, salt, and pepper. Mix until uniform. Stir in spinach, bacon, and onion.

Distribute mixture among the egg white halves, and top each with a cherry tomato half.

MAKES 6 SERVINGS

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