



Buffalo Chicken Deviled Eggs



1/6th of recipe (4 egg halves): 88 calories, 3.5g total fat (1.5g sat. fat), 443mg sodium, 2g carbs, <0.5g fiber, 1g sugars, 11g protein

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Prep: 15 minutes **Cook:** 20 minutes

Cool: 20 minutes

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Ingredients

12 large eggs
1/4 cup light/reduced-fat cream cheese, room temperature
2 tbsp. Frank's RedHot Original Cayenne Pepper Sauce
2 tbsp. shredded part-skim mozzarella cheese
1 1/2 tbsp. light ranch dressing
3 oz. canned 98% fat-free chunk white chicken breast in water, drained and flaked
1/4 cup finely chopped carrots, or more for topping
Optional topping: chopped scallions

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 yolks or save for another use.

Place cream cheese in a medium bowl and stir until smooth. Thoroughly mix in hot sauce, mozzarella, and dressing. Stir in chicken and carrots.

Evenly distribute chicken mixture among egg-white halves.

MAKES 6 SERVINGS

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