



## Greek Deviled Eggs



1/6th of recipe (4 pieces): 122 calories, 7g total fat (1.5g sat. fat), 341mg sodium, 3.5g carbs, 0.5g fiber, 1g sugars, 10.5g protein

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

**Cool:** 20 minutes



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## Ingredients

12 large eggs  
2 tbsp. crumbled feta cheese  
1/4 cup hummus  
3 tbsp. fat-free plain Greek yogurt  
2 tbsp. finely chopped red onion  
1/2 tsp. dried oregano  
1/4 tsp. garlic powder  
1/8 tsp. each salt and black pepper  
12 Kalamata olives, 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 yolks (or save for another use).

Place remaining 4 yolks in a medium bowl. Add feta, and mash with a fork. Add hummus, yogurt, onion, oregano, garlic powder, salt, and pepper. Mix until uniform.

Distribute mixture among egg white halves, and top each with an olive half.

### MAKES 6 SERVINGS

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