

Old Fashioned Deviled Eggs

8 ea.....Hard Boiled Eggs
¼ c.....Mayonnaise
¼ c.....Yellow Prepared Mustard
¼ c.....Fine Diced Dill Pickle
1/8 c.....Fine Diced Celery

1. Peel eggs and cut in half.
2. Remove the yolks from each half and place in a bowl with remaining ingredients.
3. Mix until smooth and fill each egg white half with the mixture.



Summer time is here and it is time for cookouts and picnics. Deviled eggs are always a popular item on the list of accompaniments. I am a big fan of the flavor of the mustard with a good garlicky dill pickle so the flavor is strong. Feel free to cut back on mustard or pickle. I always use real mayonnaise but using a salad dressing that is sweet will cut the tartness. Using a spicy mustard will add some zing to the eggs. I like to garnish them with a sprig of fresh dill but the top of the celery works well to with a little chopped dill.

If you add a little more mayo and chop egg whites you can use the mixture for an egg salad sandwich. Place on some good whole wheat bread and add some sprouts and sliced tomatoes. Yum, one of my favorites!

Eggs are one of those perfect foods. They are full of protein and other great nutrients. ...But be careful because the yolks also have fat and cholesterol, which are not so healthy. For hard-boiled eggs place in a saucepan with enough water to cover eggs and boil for about 40 minutes.

Be creative, have fun and enjoy!