



Devilish Eggs



1/5th of recipe (4 egg halves): 106 calories, 4.5g total fat (1g sat. fat), 356mg sodium, 5.5g carbs, 1g fiber, 2.5g sugars, 9g protein

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Prep: 15 minutes **Cook:** 10 minutes

Chill: 1 hour



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Ingredients

2 cups roughly chopped cauliflower (orange, if available)
1/4 cup light/reduced-fat mayonnaise
3 wedges The Laughing Cow Light Creamy Swiss cheese
1 tbsp. sweet relish, patted dry
2 tsp. minced shallots
1 1/2 tsp. yellow mustard
10 hard-boiled eggs ([click for tips](#)), peeled
Optional: salt, black pepper, paprika

Directions

Place cauliflower in a large microwave-safe bowl with 1/3 cup water. Cover and microwave for 6 - 8 minutes, until soft.

Drain any excess water, and lightly mash cauliflower.

Transfer cauliflower to a small blender or food processor. Add mayo, and briefly puree until just blended.

Transfer mixture to a medium bowl, and add cheese wedges, breaking the wedges into pieces. Add relish, shallots, mustard, and thoroughly mix. If you like, season to taste with salt and pepper.

Cover and refrigerate until chilled, at least 1 hour.

Run a knife lengthwise along the circumference of each peeled egg to separate the white into halves (like cutting around the pit of an avocado). Discard yolks.

Evenly distribute cauliflower mixture among egg-white halves. If you like, sprinkle with paprika.

MAKES 5 SERVINGS

HG FYI: A previous version of this recipe called for fat-free mayo instead of light. If made with fat-free mayo, each serving will have 79 calories, 1.5g total fat (0.5g sat. fat), 373mg sodium, 6.5g carbs, 1g fiber, 2.5g sugars, and 9g protein (**SmartPoints®** value of 2* on **Green Plan**, 1* on **Blue Plan**, and 1* on **Purple Plan**.)

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