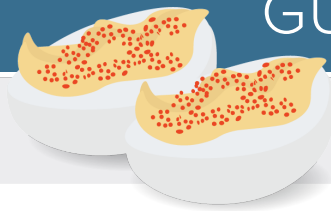


GUACAMOLE DEVEILED EGGS



November 2

National Deviled Egg Day

INGREDIENTS

- 6 Large Eggs
- 1 Small Avocado (peeled, pitted and diced)
- 1 Tablespoon Fresh Lime Juice
- 2 Tablespoons Mayonnaise
- 2 Tablespoons Small Diced Red Onion
- 1 Tablespoon Chopped Fresh Cilantro
- Crumbled Cotija Cheese (for garnishing)
- Taco Seasoning (for garnishing)

DIRECTIONS

1. Add the eggs to a medium sauce pot and fill it with enough water to cover the eggs. Set the sauce pot over medium-high heat and bring the water to a boil.
2. Once the water is boiling, cover the sauce pot and turn off the heat. Let the eggs sit for 11 minutes then rinse them with cold water. Once the eggs are cooled, peel them then cut them in half lengthwise.
3. Add the yolks to a small bowl and set the halved egg whites aside. Add the avocado, lime juice and mayonnaise to the bowl and mash to combine. Stir in the red onion and cilantro then taste and season the mixture with salt and pepper.
4. Arrange the halved egg whites on a plate. Spoon the avocado mixture into each egg white. Garnish with crumbled cotija cheese and a sprinkle of taco seasoning then serve.

MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

MEAL TYPE

 Snack

YIELD

12 Deviled Eggs

PORTION SIZES

Toddler	Preschool	School Age	Adult
1 Each	1 Each	1 Each	1 Each