

RECIPE OF THE WEEK: PALEO EDITION

Avocado Deviled Eggs

Ingredients:

6 hard boiled eggs
1 medium avocado, diced small
1 tablespoon olive oil
2 teaspoons freshly squeezed lemon juice
1/8 teaspoon garlic powder
1/8 teaspoon cayenne pepper, or to taste
salt to taste

Instructions:

1. Place raw eggs into a pot. Fill with water just to cover eggs. Add 1 teaspoon salt to water. Bring water to a boil. Reduce heat and simmer just below boiling for 15 minutes. Remove from water and place in a bowl of ice water to stop the cooking.
2. Peel eggs by gently rolling on a hard surface. Cut the boiled eggs in half lengthwise and carefully scoop out yolks. If you are watching cholesterol, throw out the yolks - it will taste great with just the avocado.
3. Mash yolk (if using) with a fork. Stir in diced avocados, olive oil, lemon juice, garlic powder, cayenne pepper, and salt to taste.
4. Fill egg whites with yolk/avocado mixture and place on a serving plate. Sprinkle with cayenne or fresh, chopped parsley. Makes 12 servings.

Compliments of *Sabrina Katz and her Jan 2012 Cooking Soiree*

