

Appetizer | Snack

Guacamole Deviled Eggs

25 Mins
Prep Time

15 Mins
Cook Time

6
Servings

 **121 Calories** **9g Fat** **5g Carbs** **6g Protein**



Ingredients

 **6 Servings** • **2 Deviled Eggs** Serving Size  **40 Mins** Total Time  **Allergens: Egg, Dairy**

6 Large Eggs 

2 Ripe Avocados 

½ Lime, juiced

1 Tbsp Sour Cream

2 Tbsp Cilantro, finely chopped (plus additional leaves for garnish)

½ Jalapeno Pepper, minced

½ Tsp Garlic Powder

Salt and Pepper, to taste

Allergen Swap

Egg This recipe cannot be made without eggs.

Dairy Omit sour cream.

Nourishment Note



Eggs

Eggs are an excellent source of lean protein, helpful for the growth of new and healthy cells. They also contain lutein that may promote eye health and choline important for memory.



Avocado

Avocados are rich in monounsaturated fatty acids. This type of fat is important for lowering bad cholesterol in your blood which can lower the risk of heart disease. This is important because those with RA have a higher risk of developing heart disease.

Instructions

1. Boil Eggs

Bring a saucepan of water to a boil. Gently place 6 eggs into the boiling water. Cover the pan with a lid and let cook for 15 minutes. While the eggs are cooking, create an ice bath with a bowl and ice water. When the eggs are done cooking, use a slotted spoon to transfer the eggs from the saucepan to the ice bath to cool.

2. Extract Egg Yolks

When the eggs have cooled, peel and cut in half lengthwise. Scoop out the yolks into a bowl and place egg whites on a plate.

3. Make Guacamole

Cut the avocados in half, remove pits and scoop out the flesh into another bowl. Add 2-4 egg yolk halves, lime juice, sour cream, cilantro, minced jalapeno and garlic powder. Season with salt and pepper, to taste.

4. Add Guacamole to Eggs & Serve

Scoop a generous spoonful of the avocado mixture into each hard-boiled egg white (a small cookie scoop works well for this). Top each with a cilantro leaf. Enjoy!

Recipe adapted from: [simplyrecipes.com](https://www.simplyrecipes.com)

What You'll Need

 Saucepan with Lid

 Slotted Spoon

 Bowls (3)

 Knife

 Cutting Board

 Spoon

 Measuring Spoons

 Potato Masher

 Plate

 Small Cookie Scoop (optional)

RA Cooking Tips

- Purchase pre-cooked and pre-peeled hard-boiled eggs.
- Simply mix store-bought guacamole with egg yolks to create the deviled egg filling.
- Use a small cookie scoop to scoop the filling into the egg whites.