

### NO-PREP OR LOW-PREP:

- Finger food for breakfast: serve a hard-boiled egg with carrot sticks, sweet mini peppers and cherry tomatoes, along with a slice of bread or toast, or a few pieces of Melba toast.



### GET INSPIRED:

- Make egg salad, spread it between two slices of bread or roll it up into a tortilla for a delicious breakfast sandwich!
- Slice hard-boiled eggs and fan out over a piece of toast.
- Make breakfast skewers by threading ½ a hard-boiled egg, 1 cube of cheese and 3 cherry tomatoes, or another creative combo. Don't forget a whole-grain food on the side.
- Devilled eggs make for a heavenly breakfast treat!

## Quick 'n' Easy Devilled Eggs



Yield  
6 servings



Prep Time  
35 min



Cooking Time  
15 min



Photo credit: Zeste

### INGREDIENTS

- 6 hard-boiled eggs
- 1 tsp. (5 ml) white vinegar
- 1 tbsp. (15 ml) mayonnaise
- A hint of yellow or Dijon mustard
- 1 tsp. (5 ml) paprika (optional)

### PREPARATION

Slice the hard-boiled eggs in half lengthwise and remove the yolks. Set the sliced whites aside. Place the yolks in a medium-sized bowl and mash with a fork.

Stir in the vinegar, mayonnaise and mustard. You may need to add a touch more mayonnaise to hold the mixture together, but it should remain a bit crumbly.

Spoon the yolk mixture back into the sliced halves to fill the yolk holes completely.

Sprinkle with paprika, if using, and serve.