

Deviled Egg Snack



Is your snack tooth is more salty than sweet? In need of original, nutritious ideas to tide you over until your next meal? We've got the solution for you. Hard-boiled eggs, 3 succulent versions to vary your snacks and satisfy your cravings in a magnificent way.

Preparation 5 min

Cooking 0 min

Servings 1

Nutrition Facts (per serving)

Calories 90

Fat 7

Carbohydrates 1

Fibre 0

Protein 6

Sodium 140

Ingredients

- 1 large egg, hard-boiled, cut lengthwise into 2 pieces
- 2.5 ml (½ tsp) green onion, finely chopped
- 2.5 ml (½ tsp) soy sauce, reduced in sodium
- 1.25 ml (¼ tsp) ginger root, peeled and finely chopped (jarred pickled ginger available)
- 1.25 ml (¼ tsp) sesame oil

- 1.25 ml (¼ tsp) rice vinegar (or white wine vinegar)

Topping

- Sesame seeds, to taste

Preparation

1. In a small bowl, combine all ingredients except the egg.
2. Top each egg half with the mixture. Sprinkle with sesame seeds, if desired.

Notes

Can be kept for 5-7 days in an airtight container in the refrigerator.

Try these other flavor variation

Smoked salmon version

- 1 large egg, hard-boiled, cut lengthwise into 2 pieces
- 30 g (1 oz) smoked salmon, chopped
- 5 ml (1 tsp) 0% plain yogurt (or light mayonnaise)
- 2.5 ml (½ tsp) capers, chopped
- 2.5 ml (½ tsp) chives, finely chopped
- 1.25 ml (¼ tsp) lemon juice
- Dill, to taste, optional

Curry version

- 1 large egg, hard-boiled, cut lengthwise into 2 pieces
- 5 ml (1 tsp) 0% plain yogurt (or light mayonnaise)
- 1.25 ml (¼ tsp) whole-grain mustard
- 1.25 ml (¼ tsp) curry powder
- 1 pinch salt
- Parsley, to taste



services corporatifs et communautaires et

