



*Healthy Food, Healthy Families*  
**EFNEP**  
**EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM**

## CLASSIC DEVEILED EGGS

12 hard-boiled eggs, peeled  
¼ - ½ cup creamy salad dressing or mayo  
Salt and pepper to taste  
¼ cup sweet pickle relish (more or less depending on your taste  
mustard (optional)

1. Cut eggs lengthwise in half.
2. Remove yolks to a quart plastic food-storage bag.
3. Add salad dressing and seasonings of choice to the bag.
4. Press out air and seal bag.
5. Refrigerate to blend flavors.



## COLORING EGG WHITES

6. Get enough glasses or mugs for the number of colors you want to use.
7. Fill the mugs or glasses 2/3 of the way full with cold water.
8. Add 3 drops of desired food coloring along with 1 tsp vinegar to each mug or cup.
9. Place egg whites in the mugs and allow them to remain in the food coloring until desired color is reached.
10. Remove whites from dye and drain.

## FILLING COLORED EGG WHITES

11. Push filling toward bottom corner of bag.
12. Snip off about 1/2-inch of corner.
13. Squeeze yolk mixture from bag into egg whites.

Deviled eggs can be made up to 12 hours ahead. Refrigerate, covered.



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