

## Avocado Deviled Eggs

### Ingredients

12 eggs  
2 medium avocados, chopped  
1 medium tomato, chopped  
2 Tbsp. red onion, finely chopped  
1 clove garlic, minced  
1 Tbsp. cilantro, finely chopped  
1 Tbsp. fresh lime juice  
1/4 tsp salt  
Sprinkle of paprika  
1/2 jalapeño pepper, minced (optional)

### Directions

1. Hard boil eggs by placing eggs in an even layer in large pot covered by 2 inches of cold water. Heat pan on high and bring to rolling boil. Immediately turn off heat, cover pot with lid and let eggs sit on hot burner for 10 minutes.
2. Transfer eggs to bowl of ice water to cool; peel eggs.
3. Slice eggs lengthwise and scoop out yolks; place yolks in large mixing bowl.
4. Add avocados to yolks and mash with fork until completely mixed.
5. Add remaining ingredients, except paprika. Stir to combine.
6. Carefully scoop about 1 Tbsp. of mixture into each egg white half.
7. Sprinkle with paprika to garnish.
8. Top with jalapeño, if using.

**Makes 12 servings (2 egg halves).** Per serving: 130 calories, 10 g total fat (0 g trans fat), 185 mg cholesterol, 4 g carbohydrates, 7 g protein, 2 g dietary fiber, 120 mg sodium, 1 g sugar, 0 g added sugar.

Recipe available at: <https://www.aicr.org/cancer-prevention/recipes/avocado-deviled-eggs/>