Recipe
Takes 10 minutes
Makes 4 servings

Scoop the yolk out of the eggs and place in a bowl. Using the spatula, mix the mustard, yolks, mayo, and salt and pepper. Mix until there are no more lumps. Fill each egg half with some of the yolk mixture. Place two olive slices on top of the egg half for eyes and place a red bell pepper slice under the eyes for a mouth. Be sure to turn up the ends of the bell pepper slice to make a smile!

YOU WILL NEED:
- mixing bowl
- spatula
- cutting board
- knife (adults only)
- 1/4 cup measure
- tablespoon measure
- plates and spoons

Ingredients
For 8 servings

- 5 hard-boiled eggs, peeled and sliced in half lengthwise
- 2 teaspoons Dijon Mustard
- 1/4 cup light mayonnaise
- salt and pepper to taste
- 20 black olive Slices (4 olives, 5 slices per olive)
- 20 thin red bell pepper slices, 1 inch long

Preparation

Week 1: Protein Nutrition Education
DIRECTIONS
1. Fill in the blank in the bubble.
2. Color the eggs.
3. Draw happy faces on the eggs.

Eggs are an EGGcellent source of _______________, vitamins and minerals!