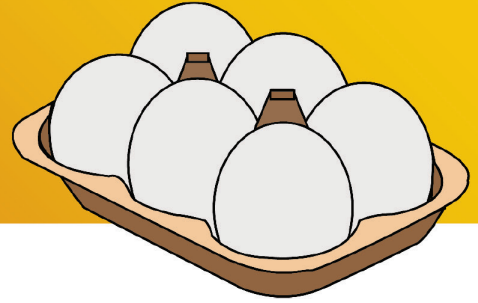


# Week 3: Eggs

## Deviled eggs



### Week 1: Protein Nutrition Education

**Recipe**  
Takes 10 minutes  
Makes 4 servings

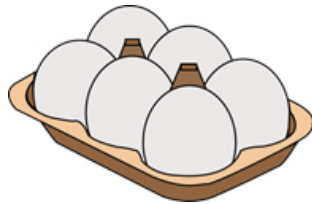
#### YOU WILL NEED:

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)



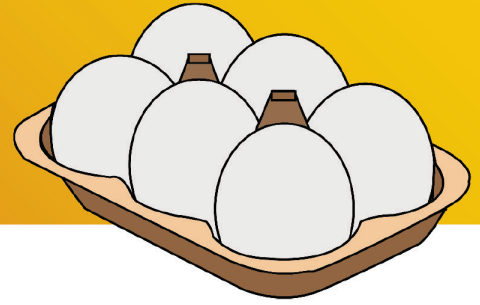
20 thin red bell  
pepper slices,  
1 inch long

#### Preparation

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!

# Week 3: Eggs

## Deviled eggs



### 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!

