

Deviled eggs are a classic, but also one you can feel good about knowing they are a source of vitamin D.

## Deviled Eggs

### Ingredients

6 large eggs  
1/3 cup mayonnaise  
1 teaspoon dry mustard  
1/4 teaspoon onion powder  
1/4 teaspoon Tabasco sauce  
Salt and fresh ground pepper, to taste  
Paprika  
Chopped parsley



### Instructions

1. Place the eggs in a large saucepan with enough water to just cover the eggs. Place the pan over medium high heat and bring the water to a boil. Turn the water to simmer and cook the eggs for 10 minutes. Immediately transfer the eggs to a bowl of ice water and cool for 20-30 minutes.
2. Carefully, peel the eggs and slice in half from top to bottom. Remove the yolks and place in a large bowl. Add the mayonnaise, mustard, onion powder and Tabasco to the yolks. Using a hand mixer, beat the egg yolks until creamy and smooth. Season with salt and pepper to taste.
3. Fill a pastry bag with the egg yolk mixture (or a zip top bag with the corner snipped off) and pipe about a tablespoon of the mixture into the well of the egg. Repeat until all the eggs are filled. Arrange the eggs on a platter and sprinkle with paprika and parsley.

Source: <http://thesuburbansoapbox.com/2016/03/03/the-very-best-deviled-eggs/>

