

Awesome Deviled Eggs

What happens when you combine yolks from pastured eggs with Mark Sisson's Primal Kitchen Avocado Oil Mayo and Loren Cordain's recipe for Dijon-style Mustard? You get the best deviled eggs ever! Thank you Mark Sisson and Loren Cordain! We all thank you!

Ingredients for deviled eggs:

- 1 recipe of Loren Cordain's Dijon-style Mustard (see recipe below in Step 1)
- 6-12 hard-boiled eggs (see directions below in step 2)
- Primal Kitchen Avocado Oil Mayo (I order this from the online Thrive Market)

Step 1: Make Loren Cordain's Dijon mustard. This recipe will make extra that you can use as a glaze for salmon, when making homemade dressing or as a dip for veggies.

Ingredients for Loren Cordain's Dijon mustard:

- $\frac{3}{4}$ cup brown mustard seeds
- $\frac{3}{4}$ cup organic unsweetened apple juice or cider
- $\frac{1}{4}$ cup white wine vinegar
- $\frac{1}{4}$ cup dry white wine or water (I like using Fit Vine brand wine)
- $\frac{1}{2}$ teaspoon turmeric
- 1-2 tablespoons water as needed to adjust consistency

Method:

Combine all ingredients in a blender such as a Vitamix or a NutriBullet cup except for the water. Blend until all ingredients are incorporated and smooth. Add the additional water, if needed for consistency. Chill for 2-3 hours to meld flavors.

From Real Paleo Fast and Easy, page 304

Make about 1-3/4 cups

Step 2: Make perfect hard boiled pastured eggs (fed non-GMO, organic feed if possible)

1. Place eggs in a pot
2. Cover eggs with 1 inch of filtered water
3. Place on stove and turn heat to high, keeping an eye on the pot
4. As the water start to boil gently turn off the heat and add a lid
5. Turn on a timer for 20 minutes and leave the eggs covered
6. Using a slotted spoon transfer eggs from hot water to a bowl of ice water and leave for 1 minute
7. Return eggs to hot water in pot and bring to a gentle boil for 1 minute
8. Finish by transferring eggs back to the ice water bath until chilled
9. Refrigerate or use to make deviled eggs

NOTE: This method works well for fresh eggs that are usually hard to peel when hard boiled. If your eggs are several weeks old you can skip the ice water bath.



Step 3: Make the deviled eggs (ingredient amounts based on 6 hard-boiled eggs; recipe can be easily doubled)

1. Peel eggs and carefully slice each in half. Use a spoon to scoop out the yolks and place yolks in a small mixing bowl.
2. Add 1-2 tablespoons of Mayo and 1-2 tablespoons Dijon-style mustard to the yolks. Mix well using a fork to mash the yolks. Taste and adjust the yolk filling with additional mayo and/or mustard based on your taste and consistency preference.
3. Place a spoonful to yolk in each empty egg white. Garnish with black pepper and salt, if desired. Serve on a bed of fresh basil.

NOTE: best when made ahead of time and chilled for 2-3 hours before serving.

Please comment below about what you think of these Paleo/Primal-style deviled eggs.

Recipe provided by

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