



GREEN EGGS & HAM DEVILED EGGS

Ingredients

- 12 large eggs, hard cooked and peeled
- 1-2 tsp lemon juice (to taste)
- 1 cup loosely packed baby spinach leaves
- 1/4 cup plain fat-free Greek yogurt or light mayo
- kosher salt (to taste)
- Ham cubes to garnish
- 2 Tbsp. deli style mustard
- 1 Tbsp milk

Instructions

1. Slice eggs in half length-wise with a knife. Or, use a piece of thread or fishing line for the smoothest cut.
2. Separate yolks and whites. Place yolks in a food processor with yogurt, mustard, milk, 1 Tbsp. lemon juice, spinach and black pepper. Pulse until mixture is smooth. Strain through a fine strainer if there are leafy bits. Add additional lemon juice if needed for taste.
3. Spoon or pipe filling back into egg whites and top with ham cubes. Serve! Eggs can be made a day ahead and stored in the fridge. Garnish with ham just before serving.



BLACK BEAN SLIDERS

Serving Size: 2 sliders Serves: 7



Recipe by: Alexandra Caspero, MA, RD.
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Ingredients

- 2 cans black beans (15 ounce), drained and rinsed
- 2 carrots, finely chopped
- 1/2 cup red onion, finely chopped
- 1/2 cup seasoned bread crumbs
- 1 egg, beaten
- 2 tsp chili powder
- 1/4 tsp salt
- 1/4 tsp pepper

Instructions

1. Place 1 1/2 cups of the black beans into a large bowl and mash well using a fork or a potato masher. Add in the remaining black beans and the rest of the ingredients and mix very well. Scoop 1/4 cup out at a time and form into a patty. Repeat for the remaining patties.
2. Heat a non-stick skillet over medium heat. Spray the skillet with either cooking spray or a teaspoon of oil. Place the patties a few at a time into the skillet and cook until browned on each side, about 2 to 3 minutes per side. Remove from skillet and enjoy as is, or on slider buns with various toppings.

