



Ingredients

12 eggs	2 tablespoons yellow mustard	2 tablespoons chopped cilantro
½ cup grilled corn	2 teaspoons Worcestershire sauce	Salt and pepper to taste
½ cup cotija cheese, divided	Dash of hot sauce	Chili powder to garnish
¼ cup low-fat mayonnaise	¼ cup minced red onion	

Directions

In a large pot, add eggs and followed by enough water to cover the eggs by 2 inches. Cover and bring to a boil.

While the eggs cook, grill the corn using your preferred method, or char in a cast-iron pan.

When water begins to boil, remove from heat. Let eggs sit in hot water for 10 minutes.

Place a bowl in the sink and fill with cold water and ice. Gently place eggs in ice bath and continue to cool.

When completely cool, peel each egg and slice in half lengthwise. Scoop yolks into a medium bowl.

With a potato masher or fork, mash yolks until smooth. Add mayonnaise, mustard, Worcestershire sauce, red onion, hot sauce, ¼ cup of the cotija cheese, and salt and pepper to taste.

Stir ingredients together until smooth.

Spoon the yolk mixture into a gallon-size plastic bag. Seal the bag and snip one corner.

Squeeze the yolk out of the corner of the bag to fill the cavity of each egg white.

Garnish the eggs with corn, the remaining cotija cheese, chili powder and hot sauce.

Nutritional Information

Calories	64
Protein	4.2 g
Total fat	4.4 g
Saturated fat	1.6 g
Carbohydrates	2.2 g
Fiber	0.3 g