

Mark's Kitchen

drhyman.com

Green Deviled Eggs with Roasted Red Peppers

Ready in: 30 minutes

Serves: 4

Let's continue our series of healthy, brain-boosting recipes from guest experts in my upcoming docuseries, [Broken Brain](#). Today's recipe comes from my good friend, [Dr. Drew Ramsey](#).

This delicious Green Deviled Egg recipe is high in choline, which is key to regulating anxiety, learning, and memory. This crowd-pleasing recipe is a fun twist on the classic - it packs more flavor and far more nutrition, thanks to the powers of mustard greens and roasted red peppers. These are great for a snack or for an easy work lunch.

Ingredients:

- 8 pasture-raised eggs
- 1 teaspoon white vinegar
- 1 cup trimmed mustard greens
- 1/2 cup olive oil-based mayonnaise
- 1/4 teaspoon freshly ground black pepper
- 1/4 cup diced roasted red peppers
- 2 tablespoons capers, rinsed and chopped
- 1 jalapeño, seeded and minced (optional)

Step 1: Put the eggs and vinegar in a small saucepan and cover with cold water. Bring to a full boil over high heat, cover, and turn off the heat. Set aside for 15 minutes to allow the eggs to cook through. Place under cold running water to cool. Drain and peel.

Step 2: Cut the eggs in half lengthwise, scoop out the yolks, and transfer them to a small bowl. Set aside.

Step 3: Put the mustard greens in a food processor and chop finely. Add the reserved egg yolks, mayonnaise, and black pepper and process until smooth.

Step 4: Transfer the egg whites to a plate and fill them with the green yolk mixture. Top with the roasted red peppers, capers, and jalapeño, if using.

(Cooking tip: If you prefer to roast the peppers yourself, place them on a baking sheet under the broiler for 3 to 4 minutes, turning often, until the skins are blackened. Transfer to a bowl and let them steam for 5 minutes. Then peel and seed the peppers before completing this recipe.)

Step 5: Serve immediately, or cover and chill until ready to serve, or for up to 4 hours.

Nutritional analysis per serving (4 pieces): calories 255, fat 19g, protein 13g, carbohydrate 4g, sodium 555mg, fiber 1g