

## Buffalo Chicken Deviled Eggs



**Prep Time:** 20 minutes

**Cook Time:** 12 minutes

### Ingredients:

- 6 large eggs
- 6 oz. cooked chicken (chopped)
- ¼ cup blue cheese crumbles
- ¼ cup buffalo wing sauce
- ½ rib celery
- 2 tbs. blue cheese dressing
- ¼ small sweet onion

### Nutrition Facts

Amount per serving:

<b>Calories</b>	112
<b>Net Carbs</b>	1.3 g
<b>Total Fat</b>	8.5 g
<b>Protein</b>	7.5 g

### Directions:

1. Hard boil the eggs. See tip at the bottom of the page for perfect hard-boiled eggs.
2. While eggs are boiling, chop up the chicken and celery.
3. Peel the eggs and slice in half lengthwise.
4. In a large mixing bowl, combine the egg yolks, chicken, blue cheese crumbles, buffalo wing sauce, celery, and blue cheese dressing.
5. Use a microplane grater to grate the onion over the bowl. The juice from the onion will add a lot of flavor to the mixture. Mix until all ingredients are well incorporated.
6. Pour mixture into a plastic bag. Squeeze the mixture to one corner of the bag and snip off the corner. Use this to pipe the mixture into the eggs.

*TIP: This is how I make perfect hard-boiled eggs. Place the eggs in a large sauce pan with cold water. Add enough water that the eggs are fully submerged. Over high heat bring water to a rolling boil. Once the water is boiling, remove the pan from the heat, cover, and let sit for 12 minutes.*