

Deviled Egg Pasta Salad

Recipe makes 6 meals

Ingredients

- 6 large Hard Boiled Eggs, peeled, egg yolks/whites separated
- 1 small Red Onion, chopped
- 15 oz Barilla Protein Plus Pasta
- 1 oz Ranch Seasoning
- 2 cups Low Fat Cottage Cheese, blended smooth
- 1 cup Extra Sharp Cheddar Cheese, shredded
- 1/2 cup Dill Relish
- 3 Tbsp Real Bacon Bits
- 1 Tbsp White Vinegar
- 1 Tbsp Yellow Mustard
- 1/2 Tbsp Garlic Powder
- 1 tsp Paprika
- Salt and Pepper to taste



Nutrition Profile

- per meal -

Calories - 456
Fat - 14g
Carbohydrates - 54g
Protein - 32g
***Fiber - 6g**

**Estimated Cost
Per Meal**

\$1.96

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Instructions

1. Start by boiling your eggs. When done, remove the shells and set the eggs aside.

2. Next, cook your pasta according to the instructions on the package. When done, strain it, rinse it with cold water, return it back to the pot, and set aside.

3. While your pasta is cooking, grab your hard boiled eggs and separate the cooked yolks from your cooked egg whites. Set your egg yolks aside, and roughly chop the egg whites, then set them aside as well.

4. In a blender or food processor, add 2 cups of cottage cheese, 1 ounce ranch seasoning, 1 Tbsp yellow mustard, 1 Tbsp white vinegar, 1/2 Tbsp garlic powder, and 1 tsp paprika. Blend until smooth and set aside.

5. Next, grab a large mixing bowl and add in your 6 cooked egg yolks. Using the back of a fork, mash into a powder consistency, then add in your blended cottage cheese mixture. Mix well.

6. When that is done, add in your cooked pasta, chopped onion, chopped egg whites, 1 cup shredded cheese, 1/2 cup dill relish, 3 Tbsp bacon bits, and mix everything together.

7. Give it a taste and add salt and pepper to preference.

8. Portion out into your meal containers, garnish with a little paprika on top, and enjoy!



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Notes

- **Depending on how you like your deviled eggs, you can easily make substitutions to fit your preference.**
- **This pasta can be enjoyed warmed up or eaten cold. If you are eating it cold it won't be as smooth because the cottage cheese turns solid when refrigerated. If you want to eat it cold but want a smoother texture, you could try substituting the cottage cheese with plain Greek yogurt and a little mayo or sour cream. As always, if you are tracking calories, be sure to account for any substitutions.**
- **For even distribution of meals among meal containers, you can either estimate the portions, or weigh the entire batch, and divide that number by your number of meal containers. This recipe makes six meals, so it would be the total weight, divided by six. That will be your portion size per meal.**
- **If storing for meal prep, place into freezer safe meal containers, and place in the freezer for freshness. Take the meal out of the freezer and place it in the refrigerator the night before to let the meal thaw out.**