



**NEW EPISODES
MONDAYS
AT NOON EST**

“Culinary Boot Camp: Eggs” Heavenly Eggs

**1 dozen eggs
“Dash” of salt
Light mayonnaise
1 slice of honey ham**

Place eggs in boiling water for 5-7 minutes. In a small bowl, mix cooked egg yolks and mayo. Dice ham and fold into egg mix. Sprinkle with cayenne pepper.

Keep eggs refrigerated until use.