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EGG SALAD PITAS

When I need fresh eggs, I am fortunate enough to just walk across the street and visit my neighbor Jane's hen house. Her happy hens supply me with the most beautiful eggs. But fresh eggs do not peel well when they are hard-boiled, so I let them "age" for about a week in the fridge before I make this recipe. I like to serve the creamy egg salad in whole wheat pita halves. For a special treat, sprinkle the edge of the filling with some crumbled bacon bits.

6 extra-large chicken or duck eggs
¼ cup low fat mayonnaise
½ teaspoon Dijon mustard
2 tablespoons minced fresh dill or 1 tablespoon dried dill
½ teaspoon salt
½ teaspoon freshly ground black pepper
2 pita bread rounds, cut in half and split open

Place the eggs in a large pot and cover them with cold water.

Bring the water to a boil, lower the heat, and simmer for 1 minute.

Turn off the heat, cover the pot, and let the eggs sit in the water for 15 minutes.

Drain, then fill the pot with cold water and ice cubes. Let the eggs sit in the ice bath for 10 minutes.

To peel the eggs, tap each end on a board or the counter, then roll the egg between your hand and the board/counter to crackle the shell.

Peel the egg under cold running tap water.

Cool the eggs to room temperature.

Remove the yolks from 3 of the eggs and discard them. Coarsely chop the egg whites and eggs.

In a medium size mixing bowl, add the mayonnaise, mustard, dill, salt and pepper. Blend well to thoroughly combine all ingredients.

Place the chopped eggs in the bowl and blend gently with a rubber spatula.

Divide equally among the 4 pita halves and serve immediately.

Serves 2.