

SPRIT OF WOMEN PRESENTS



Keg and Barrel

HATTIESBURG HOT DEVILED EGGS

Enjoy holiday treats, but remember how important eating healthy is to overall health! For tips on healthier ingredient substitutions, visit www.forresthealth.org/season.

INGREDIENTS:

Deviled Eggs:

12 boiled eggs
1/2 cup mayo
1 Tbsp. yellow mustard
1 Tbsp. relish
Salt and pepper

Fried Chicken:

2 cups flour, seasoned to taste
3 large chicken breasts

Hattie Hot Sauce:

1/2 cup butter
2 Tbsp. cayenne pepper
1 1/2 Tbsp. brown sugar
1/2 tsp. paprika
1/2 tsp. garlic powder
1/2 tsp. salt
1/2 tsp. pepper

DIRECTIONS:

Boil 12 eggs. Once boiled, remove yolks and combine with deviled egg ingredients. Return mixture to egg white.

Cut three large chicken breasts into 1-inch thick strips and cube into bite-sized pieces (not too big; you want them to be able to sit on top of the deviled eggs). Coat the chicken bites in seasoned flour and deep fry. Once fried, toss in Hattie hot sauce. Then, top deviled eggs with Hattie hot-tossed chicken.

HOLIDAY HEALTH TIP:
Stress less about the mess! Don't get overwhelmed with the clutter and mess of the holidays, enjoy the glitter along the way!

Spirit of Women
Forrest Health®
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ABOUT SPIRIT OF WOMEN

Since 2004, Forrest General Hospital's Spirit of Women program has been a valued resource for women of all ages in the community. Each year, programs are customized to meet the needs of today's women and their families. Our gift to you this holiday season is a FREE membership! Join today by visiting www.forresthealth.org/season.



ABOUT THE RESTAURANT

Housed in a late 19th-century home, Keg and Barrel Brewpub's menu goes beyond the average selections by combining unique pub flair and traditional Southern foods. Menu favorites include redfish tacos, shrimp and grits, amazing burgers, and our famous chicken and waffles. What started as a dream for owner John Neal has turned into a staple for Hattiesburgers dedicated to the consumption of great food and the enjoyment of beer in a unique atmosphere.

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