

BLT Egg Salad Lettuce Wraps

Ingredients:

- 6 hard-boiled eggs, peeled and chopped
- 3 strips bacon, cooked and chopped
- 1/3 cup sliced grape tomatoes
- 1/4 cup finely diced celery
- 3 tablespoons red onion, finely diced
- 3 tablespoons fresh chives, chopped
- 1/4 – 1/3 cup mayo
- Butter lettuce or leaf lettuce
- Salt and pepper to taste

Directions

1. In a bowl, combine eggs, bacon, tomatoes, celery, onion, chives, and mayo.
2. Stir gently to combine. Season with salt and pepper to taste.
3. Serve egg salad tucked in a crisp lettuce leaf or on top of salad greens. Garnish with fresh chives and crisp bacon bits.

Notes:

For the perfect hard-boiled egg, fill a pot with water and dash of salt. Bring water to a boil. Once boiling, turn head down but keep water at a rolling boil. Add eggs carefully with a slotted spoon and boil for 10 minutes. Once time is up, pour out hot water and fill the pot with ice water. Let set for 10 minutes. Drain the water. Peel just before eating or adding to a recipe.

Nutrition Facts

Serving Size 1 wrap (143g)
Servings Per Container 4

Amount Per Serving

Calories 150 **Calories from Fat 80**

% Daily Value*

Total Fat 9g **14%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 240mg **80%**

Sodium 170mg **7%**

Total Carbohydrate 4g **1%**

Dietary Fiber 1g **4%**

Sugars 2g

Protein 10g

Vitamin A 25% • Vitamin C 8%

Calcium 2% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

