



## Quick Breakfast Wrap

**Prep: 5 minutes • Serves: 1**

- 2 tablespoons  $\frac{1}{3}$  less fat garden vegetable cream cheese spread
- 1 (8-inch) fortified whole wheat soft taco tortilla
- 1 refrigerated peeled hard-cooked egg, sliced
- 4 slices avocado
- $\frac{1}{2}$  small tomato, sliced
- 1 pinch fresh ground black pepper
- 1 pinch smoked paprika

**1.** Spread cream cheese in 2-inch strip down center of tortilla. Leaving 2-inch border on sides and bottom of tortilla, layer egg, avocado and tomato over cream cheese; sprinkle with pepper and smoked paprika.

**2.** Fold bottom of tortilla over filling then roll up sandwich starting from 1 side.

*Approximate nutritional values per serving:*

*284 Calories, 15g Fat (6g Saturated), 193mg Cholesterol, 524mg Sodium, 26g Carbohydrates, 2g Fiber, 6g Sugars, 13g Protein*

### **Chef Tip**

*Additional filling suggestions: black beans, crumbled feta cheese, arugula, sliced red onion, sriracha sauce.*

### **Dietitian's Dish**

> Starting the day with a breakfast that includes protein and veggies is a winning combination to boost metabolism and concentration.