

Egg Salad Wraps

Ingredients

Egg Salad

- 2 eggs
- 2 T (tablespoons) mayonnaise
- ½ tsp (teaspoon) mustard
- Salt and pepper

Wraps

- 1 plum tomato
- 1 10-inch flour tortilla
- 2 slices Jack cheese
- ½ C shredded or chopped lettuce



Directions

To prepare the egg salad:

1. Hard boil the eggs - gently place the eggs in a small saucepan and cover them completely with cold water.
2. Bring the water to a boil, turn off the heat, and let the eggs sit for 10-12 minutes.
3. Run them under cold water until cool.
4. Peel the eggs and dice them into ¼-inch pieces.
5. Place the eggs, mayonnaise, and mustard in a small bowl and stir until well combined.
6. Season to taste with salt and pepper.

To prepare the wraps

1. Cut the tomato in half and remove and discard the seeds. Chop the tomato into ¼ to ½ inch pieces.
2. Lay the tortilla in the center of a microwave-safe plate and heat on high for 10 seconds to soften the tortilla.
3. Place the cheese slices down the center of the tortilla, leaving a 2 ½ -inch border at the bottom.
4. Spoon the egg salad over the cheese.
5. Arrange the lettuce over the egg salad and sprinkle with the tomatoes.
6. Fold up the bottom of the tortilla and tightly fold over the sides to form the wrap.