



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 one side.

Approximate nutritional values per serving:

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