



Chesapeake Bay Breakfast Wrap

Prep time: 10 Cook Time: 5 Servings: 12

Regional North American,Entrees,Better For You,Breakfast/Brunch,Flour Tortillas,Catering,Casual Dining,FSR/QSR,Seafood,Breakfast All Day,Grab & Go

Ingredients

INGREDIENT	CODE	PREP	QUANTITY
10" Whole Wheat Tortilla	10425		12 each
Butter			As needed
Eggs			24 each
Old Bay® Seasoning			To Taste
Crab Meat		lump	12 oz.
Onion		carmelized	6 oz.
Red Pepper		roasted	9 oz.
Garlic-Herbed Cream Cheese			6 oz.
Avocado		sliced	9 oz.
Green Goddess Dressing			1 1/2 cup



Instructions

1. In a pan over medium heat, melt butter and scramble eggs.
2. Season eggs with Old Bay®, fold in 1 oz. of crab meat, ½ oz. of caramelized onion, and ¾ oz. of roasted red pepper.
3. To serve: smear ½ oz. of cream cheese onto one side of the tortilla, top with egg mixture, drizzle 1 oz. dressing, and top with ¾ oz. avocado. Fold the tortilla, sealing one end to make a wrap.



Garlic-Herbed Cream Cheese

Prep time: 5 Cook Time: Servings:

Ingredients

INGREDIENT	CODE	PREP	QUANTITY
Cream Cheese			6 oz.
Herbs De Provence		prepared, to taste	
Garlic Powder		to taste	

Instructions

- 1. Combine all ingredients and stir together. Reserve, refrigerated, overnight.

