



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 Tortillas	10425		12 Each
butter			As Needed
Eggs			24 Each
Old Bay (R) Seasoning			To Taste
Crab Meat		lump	12 Oz.
Carmelized Onion			6 Oz.
Red Pepper		roasted	9 Oz.
Garlic-Herbed Cream Cheese		See Related Recipe	6 Oz.
Avocados		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			

Instructions

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

