

Turkey, Egg & Mini Pepper Breakfast Wrap

YIELD 1 WRAP (2 HALVES)

PREP 5 MINUTES

COOK 8 MINUTES

INGREDIENTS

- 1 tsp olive oil
- 2 mini sweet peppers, finely diced
- 1 large egg
- 1/4 cup liquid egg whites
- Pinch kosher salt and black pepper
- 2 oz plain cooked turkey breast, chopped
- 1 Tbsp shredded cheddar
- 1 small (8-inch) whole-wheat tortilla

DIRECTIONS

01 Warm the olive oil in a nonstick skillet over medium heat. Add the diced peppers and cook for 2 minutes, until just softened.

02 Whisk the egg, egg whites, salt, and pepper. Pour into the skillet and stir gently for 2-3 minutes, until softly set with no liquid egg remaining.

03 Add the cooked turkey and cheddar. Stir for about 1 minute, just until the turkey is hot and the cheese begins to melt.

04 Spoon the filling down the center of the tortilla. Fold in the sides, roll it snugly, and toast seam-side down in the skillet for 1-2 minutes. Cut in half and serve warm.

JANE'S NOTE

The egg and turkey make this a protein-forward snack. Use plain cooked turkey so the peppers and cheddar come through, and keep the eggs soft rather than dry.

MAKE-AHEAD & STORAGE

The cooked filling can be refrigerated in a covered container for up to 2 days. Reheat until hot throughout, then roll in a fresh tortilla. An assembled wrap is best eaten right away.