

egg salad wrap

- 5 cooked chopped eggs
- ½ cup mayonnaise
- ½ teaspoon mustard
- ½ teaspoon onion powder
- salt and black pepper to taste
- step 1 Combine eggs, mayonnaise, mustard, onion powder, salt and black pepper together.
- **step 2** Spoon egg salad into lettuce leaves. Roll up and eat.



© Nutrition Matters, Inc. All Rights Reserved. This tipsheet can be reproduced for educational purposes.



egg salad wrap

- 5 cooked chopped eggs
- ¹/₂ cup mayonnaise
- ¹/₂ teaspoon mustard
- ½ teaspoon onion powder
- salt and black pepper to taste
- step 1 Combine eggs, mayonnaise, mustard, onion powder, salt and black pepper together.
- **step 2** Spoon egg salad into lettuce leaves. Roll up and eat.

nutrition nutrition education that matters

© Nutrition Matters, Inc. All Rights Reserved. This tipsheet can be reproduced for educational purposes. An easy summertime lunch!

An easy

summertime lunch!