



Enjoy this zesty mix of just-picked flavors including peppers, onion, garlic, and spices. With 5g protein, 1g carbs, and only 30 calories, garden salsa egglife is the perfect wrap to spice up breakfast, lunch, and dinner!

## breakfast quesadilla

Serves 1



2 garden salsa egglife egg white wraps • 2 eggs • 1/4 cup black beans, rinsed and drained • 1/4 cup shredded cheddar cheese • salsa and guacamole for serving (optional)

Whisk eggs with a pinch of salt and pepper. Heat a non-stick skillet over medium heat and spray with avocado oil. Scramble eggs, then remove from heat and set aside. Place 1 garden salsa egglife wrap on the heated skillet and sprinkle half of the shredded cheese on the wrap. Layer on scrambled eggs, black beans, and the remaining shredded cheese. Place remaining egglife wrap on top and press down gently to secure filling. Cook the quesadilla until lightly browned on both sides and cheese is melted, about 1 minute per side. Remove the quesadilla from the skillet and slice into triangles. Serve with salsa and guacamole for dipping, if desired.

## turkey pinwheels

Serves 2



2 garden salsa egglife egg white wraps • 1/4 lb sliced turkey breast • 4 slices of cheddar cheese • 1/2 avocado, mashed

Spread mashed avocado evenly over egglife garden salsa wraps. Lay the sliced turkey and cheese in the center of wrap. Tightly roll up the wrap. Using a sharp knife, cut the wrap into 6 pinwheels, place in your favorite lunchbox, and enjoy a protein-packed lunch on the go!

## shredded chicken taquitos

Serves 4



8 garden salsa egglife egg white wraps • 2 cups cooked and shredded chicken • 1/2 cup of your favorite store bought salsa • 1/2 cup shredded cheese

In a mixing bowl, combine the shredded chicken, shredded cheese, and salsa. Mix well. Place about 2 tablespoons of chicken mixture in the center of each garden salsa wrap, and roll up tightly around the filling to form a taquito. Repeat until all ingredients are used. Place taquitos in air fryer (depending on size, you might have to cook in two batches!) and spray with cooking spray. Air fry for 5 minutes at 380°F or until wraps are crispy and filling is hot. Finish with cilantro, chopped onion and cotija cheese, if desired. Enjoy this low carb dinner!

garden salsa egglife is available exclusively at Aldi nationwide and [shop.egglifefoods.com](https://shop.egglifefoods.com)!

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