

YIELD: MAKES 8 WRAPS

Light Egg Salad Wraps

PREP TIME
15 minutes**COOK TIME**
5 minutes**TOTAL TIME**
20 minutes

Ingredients

- 1 green onion, sliced
- 2 tablespoons fat-free sour cream
- 2 tablespoons light mayonnaise
- 2 teaspoons capers
- 1/4 cup sweet red pepper, chopped
- 1/2 cup shredded carrots
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- 4 hard boiled eggs, coarsely chopped
- 8 Bibb lettuce leaves



Instructions

1. In a small bowl add the onion, sour cream, mayonnaise, capers, red pepper, carrots, salt pepper.
2. Mix until combined.
3. Fold in coarsely chopped eggs.
4. Spoon mixture onto 8 Bibb lettuce leaves.

Notes

This recipe is from [Lady Behind The Curtain](#)



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<https://www.ladybehindthecurtain.com/light-egg-salad-lettuce-wraps/>