

LUNCH / HIGH PROTEIN



High-Protein Cottage Cheese Egg Wraps

Soft scrambled eggs, cottage cheese, spinach, and bell pepper tucked into cassava tortillas for a fast, satisfying lunch.

10 min

1 serving

Lunch

high-protein

quick

397

Calories / serving

32g

Protein / serving

29g

Carbs / serving

15g

Fat / serving



Ingredients

- 1 medium egg (44 g)
- 1/2 cup egg white (121.5 g)
- 1/2 cup 1% low fat cottage cheese (112.5 g)
- 1/4 cup, chopped red bell pepper (28.5 g)
- 1/4 cup baby spinach, chopped (7.5 g)
- 1/2 tablespoon olive oil (6.75 g)
- 2 cassava flour tortillas (50 g)

Method

- 1 Heat the olive oil in a pan and sauté the bell peppers for about two minutes.
- 2 Meanwhile, whisk together the egg, egg whites, and cottage cheese. Add the mixture to the pan along with the spinach, and scramble over medium heat until the eggs are fully cooked and the cheese is well incorporated.
- 3 Portion the cooked filling evenly across both cassava tortillas. Fold in the sides, roll each tortilla snugly around the filling, and serve.

RENEE'S NOTE

"Keep the heat at medium so the cottage cheese folds into the eggs without getting watery or overcooking."

RENEE'S TWEAK

Arrange the two wraps side by side with the filled ends facing forward so the pepper, spinach, and egg filling stays visible.