

## BLT Lettuce Wraps

### INGREDIENTS

- ¼ cup plain Greek yogurt
- 2 tsp lemon zest
- ½ tsp ground sea salt
- ½ tsp lemon pepper, or fresh ground black pepper
- 4 slices uncured, natural bacon
- 4 large Bibb lettuce leaves
- 1 cup halved cherry tomatoes
- 4 hardboiled eggs, halved or roughly chopped

### INSTRUCTIONS

1. In a small bowl, combine the yogurt with the lemon zest, salt and pepper. Refrigerate.
2. Place the bacon in a large frying pan over medium heat. Cook and drain on paper towels. Crumble.
3. Divide bacon, tomatoes, and eggs between 4 lettuce cups.
4. Drizzle with yogurt mixture or serve on the side.

### SERVING SIZE

Recipe makes 2 servings

### FOOD PLATE SECTIONS FULFILLED



Protein



Fats



Carb



Vegetables



Extras

