

BLT Egg Salad Lettuce Wraps: Light, Crispy & Totally Crave-Worthy

Here's what you'll need to create these fantastic BLT Egg Salad Lettuce Wraps:



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INGREDIENTS

6 hard-boiled eggs, peeled and chopped
... cup mayonnaise (or Greek yogurt for a lighter option)
1 teaspoon Dijon mustard
¼ teaspoon garlic powder
Salt and freshly ground black pepper, to taste
4 slices bacon, cooked and crumbled
¼ cup chopped cherry tomatoes
Butter lettuce or romaine lettuce leaves (for wrapping)

DIRECTIONS

1. **Make the : Egg Salad Base:** In a medium bowl, combine the chopped hard-boiled eggs, mayonnaise (or Greek yogurt), Dijon mustard, garlic powder, salt, and black pepper. Mix well until everything is thoroughly combined and the egg salad reaches your desired consistency.
2. **Add the "BLT" Components:** Gently fold in the crumbled bacon and chopped cherry tomatoes into the egg salad mixture. Stir just enough to combine without mashing the tomatoes.
3. **Prepare : Lettuce Wraps:** Wash and thoroughly dry your butter lettuce or romaine leaves. Lay them out, ready for filling.
4. **Wrap : It Up:** Spoon a generous amount of the BLT egg salad mixture into the center of each washed and dried lettuce leaf.
5. **Serve : Fresh:** For an optional extra touch, sprinkle with additional bacon bits or a dash of your favorite hot sauce. Serve immediately for ultimate crunch perfection!

SWAPS & NOTES

They're bursting with protein from the eggs, offer a delightful crunch from the lettuce and bacon, and have that fresh burst of flavor from the tomatoes.

They're super low-carb , making them a fantastic option if you're watching your intake, and they come together in a flash.

It's an ideal choice for a light lunch, a quick snack, or a no-fuss weeknight dinner, proving that healthy can be utterly delicious!

Mayonnaise/Greek Yogurt: Mayonnaise provides classic creaminess.

TIPS FOR SUCCESS

Cool Eggs Completely: Ensure your hard-boiled eggs are completely cold before chopping to get a clean cut and firm texture.

Crispy Bacon: The texture of the crispy bacon is a highlight, so make sure it's cooked well and crumbled finely.

Dry Lettuce: Thoroughly drying your lettuce leaves prevents the wraps from becoming soggy.

Don't Overmix: Gently fold the ingredients to keep the texture of the eggs and prevent the tomatoes from becoming too mushy.

More recipes: [ChefManiac.com](https://chefmaniac.com)

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