



Egglife® “Loaded” Nachos

Serving Size: 1 wrap topped with 3oz turkey

Ingredients:

- 1 Egglife® wrap
- 1 lb lean ground turkey
- 1 Tbsp olive oil
- 1 small onion, diced
- 3 garlic cloves, finely minced
- 1 tsp cumin
- 1 tsp paprika
- 2 tsp chili powder
- ¼ medium avocado, diced
- 2 Tbsp fresh tomato, diced
- Light sour cream
- Salt and black pepper to taste
- 1 lemon wedge (garnish)

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Steps:

1. Preheat oven to 400 degrees Fahrenheit. Cut Egglife® wrap into triangles. Coat both sides of the wraps with olive oil very lightly.
2. Place cut wraps directly on the oven racks and bake for 8 minutes, flipping once halfway through. Remove from oven, let cool.
3. Season turkey with chili powder, cumin, paprika, salt, and pepper.
4. In a large skillet over medium heat, heat oil. Add onion and cook, stirring occasionally, until softened, about 3 minutes. Stir in garlic cook for another 1 minute, then add ground turkey, breaking up meat with a wooden spoon. Cook until turkey is no longer pink, about 10 minutes.
5. To assemble, lay the chips in the bottom of the plate, top with ground turkey, tomatoes, avocados, sour cream and cilantro. Squeeze one lemon wedge on top and enjoy.

Nutrition Facts (per serving, *not counting salt added to taste):

Calories: 240, Protein: 28g, Fat: 15g, Saturated Fat: 0, Carbohydrates: 4g, Sugars: 0g, Sodium: 217mg*

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