



## Recipes

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### Chesapeake Bay Breakfast Wrap

Prep Time: 10 Minutes

Cooking Time: 5 Minutes

Serves 12

#### Ingredients:

12 each 10" Whole Wheat Tortillas (10425)  
Butter , as needed  
24 each Eggs  
Old Bay® Seasoning , to taste  
12 oz. Crab Meat , lump  
6 oz. Carmelized Onion  
9 oz. Red Pepper , roasted  
6 oz. Garlic-herbed Cream Cheese , see related recipe  
9 oz. Avocados , sliced  
1 1/2 cups Green Goddess Dressing

#### Directions:

1. In a pan over medium heat, melt butter and scramble eggs.
2. Season eggs with Old Bay®, fold in 1 oz. of crab meat, ½ oz. of caramelized onion, and ¾ oz. of roasted red pepper.
3. To serve: smear ½ oz. of cream cheese onto one side of the tortilla, top with egg mixture, drizzle 1 oz. dressing, and top with ¾ oz. avocado. Fold the tortilla, sealing one end to make a wrap.

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### Garlic-Herbed Cream Cheese

Prep Time: 5 Minutes

Serves 1

#### Ingredients:

6 oz. Cream Cheese  
Herbs de Provence , prepared , to taste  
Garlic Powder , to taste

#### Directions:

1. Combine all ingredients and stir together. Reserve, refrigerated, overnight.