Creamy Egg Salad Lettuce Wraps

Protein-packed creamy egg salad wrapped in crisp butter lettuce leaves for a low-carb, refreshing meal perfect for weight loss and muscle maintenance.

Servings: 2 **Time:** 20 minutes

Ingredients

- 4 large eggs
- 2 tbsp mayonnaise
- 1 tsp Dijon mustard
- 1 tbsp plain Greek yogurt
- 1 stalk celery, finely chopped
- 1 tbsp red onion, finely diced
- 1 tsp lemon juice
- Salt and black pepper to taste
- 4 large butter lettuce leaves
- Paprika for garnish (optional)

Instructions

1. Place eggs in a saucepan and cover with cold water.
2. Bring water to a boil over medium-high heat, then reduce to low and simmer for 10 minutes.
3. Drain and transfer eggs to a bowl of ice water to cool for 5 minutes.
4. Peel the eggs and chop them roughly.
5. In a bowl, mix mayonnaise, Dijon mustard, Greek yogurt, lemon juice, salt, and pepper.
6. Add chopped eggs, celery, and red onion to the bowl and mix gently until combined.
7. Taste and adjust seasoning if needed.
8. Lay out butter lettuce leaves and evenly divide the egg salad onto each leaf.
9. Sprinkle a pinch of paprika on top if desired, then fold the leaves around the filling and serve immediately.

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