



# BREAKFAST QUESADILLAS

Makes 4 servings | Serving size: 1 quesadilla

PREP TIME

**5 min**

COOK TIME

**20 min**

TOTAL TIME

**25 min**

*Skip the donut and stay full until lunch with these delicious quesadillas! We suggest that you eat least 20 grams of protein first thing in the morning to keep you full 'til lunch. We've made that easy with this recipe.*



## Ingredients

- 8 eggs
- ½ green bell pepper, finely chopped
- ¼ cup purple onion, finely chopped
- 1 cup black beans (drained and rinsed)
- 4 whole wheat tortillas
- 1 cup pepper jack cheese, shredded and divided

## Directions

1. Heat a nonstick skillet to medium-high heat. Whisk eggs, then pour into the skillet.
2. Add the pepper, onion, and beans to the eggs. Scramble for about 5 minutes or until the eggs are cooked through.
3. Split the egg mixture up into four equal parts. Place on half of the tortilla, then top with ¼ cup of cheese.
4. Fold the other side of the tortilla over.
5. Reduce the heat to medium, then place the tortillas in it. Cook for 3 minutes on each side, or until the cheese is melted and the tortilla has your desired crispness.
6. Repeat until all quesadillas are done.
7. Serve warm, topped with salsa, avocado, and cilantro, if desired.