



Breakfast Quesadillas

Ingredients

- 1 whole wheat or corn tortilla
- 2 eggs + 2 egg whites
- 1 cup spinach
- ¼ cup tomatoes, sliced
- ¼ cup cheddar cheese, shredded
- ⅓ cup pinto beans, rinsed and drained
- ½ avocado (optional)
- Black pepper, to taste

Directions:

1. Whisk eggs and egg whites in a small bowl; Sauté tomatoes and spinach in a skillet over low heat
2. Pour egg mixture into skillet and allow to cook over medium heat; Season with black pepper; Fold over
3. Place open tortilla on a plate; Sprinkle with cheese and add pinto beans
4. Transfer egg mixture on top of tortilla and fold over
5. Cut into fours; Enjoy!

Cookware needed:

- Skillet
- Small bowl
- Spatula

Cost: \$ \$

Ease: 

Health Benefit: Eggs are a great source of protein and fat to keep you fuller for longer and support brain health. Tomatoes and spinach contain fiber for gut health and vitamin C for immunity. Cheese contains calcium and protein for strong bones.

Fare  Meals
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