

Breakfast | Snack | Lunch | Dinner

Breakfast Quesadilla

10 Mins
Prep Time

3-5 Mins
Cook Time

1
Serving

 **471** Calories **23g** Fat **46g** Carbs **23g** Protein

Ingredients

 **1** Serving  **13-15 Mins** Total Time

 **Allergens:** Eggs, Corn, Dairy

1 Medium Avocado 

2 Eggs 

1 Tsp Extra Virgin Olive Oil

1 Cup Spinach, chopped 

¼ Cup Canned Black Beans, drained and rinsed 

1 Cup Sharp Cheddar Cheese, shredded

Salt and Pepper, to taste

2 Corn Tortillas

Allergen Swap

Eggs Replace the eggs with tofu or omit the eggs.

Corn Replace the corn tortillas with flour tortillas.

Dairy Replace the cheddar cheese with a dairy-free version.



Nourishment Note



Spinach

Spinach is a nutrient powerhouse. It's packed with antioxidants to help reduce inflammation associated with psoriatic disease. It also contains nutrients and vitamins that may help lower the risk of heart disease and diabetes.



Avocado

Avocados are both a fruit and a fat, and contain a variety of vitamins, minerals and antioxidants to help keep your body working it's best.



Black Beans

Black beans contain healthy amounts of fiber to help with heart health and digestive regularity. They also contain plant protein to help build and maintain muscle, and folate to aid in the growth of new and healthy cells.



Eggs

Eggs are an excellent source of lean protein to help grow new cells. Eggs also contain lutein that may promote eye health and choline important for memory.

Instructions

1. Wash Hands

Wash hands with soap and water.

2. Mash Avocado

Mash the avocado in a small bowl using a fork. Add salt and pepper to taste. Set aside.

3. Scramble Eggs

Scramble the eggs in a small bowl using a fork.

4. Cook Spinach, Eggs & Beans

Heat 1 teaspoon of olive oil in a medium-sized skillet. Add the spinach and cook, until wilted about 1-2 minutes. Pour in the eggs and cook on a medium-low setting. Add the black beans and continue cooking until the mixture is set, about 1-3 minutes. Transfer the eggs to a bowl.

5. Prepare the Quesadilla

In a large skillet, warm two tortillas over medium-high heat. Sprinkle 2 tablespoons of cheese on one tortilla, then add the eggs on top. Sprinkle the other 2 tablespoons of cheese on top of the eggs and place the tortilla on top. Using the spatula, gently press the quesadilla together.

6. Cook the Quesadilla

Cook the quesadilla for 1 minute, then flip using the spatula. Cook for another 1-2 minutes, or until the tortilla appears lightly brown and crispy.

7. Cut & Serve

Cut into triangles and serve with 2 tablespoons mashed avocado.

8. Wash Hands

Wash hands with soap and water.

Recipe adapted from: [cookieandkate.com](https://www.cookieandkate.com)

What You'll Need



Can Opener



Colander



Measuring Cups



Measuring Spoons



Cutting Board



Knife



(2) Medium-Sized Skillets



Spatula



(2) Forks



(2) Small Bowls

PD Cooking Tips

- Ask a friend or family member to help prepare this dish when energy levels are low.
- If available, use an immersion blender to mash the avocado. It can also be used to whisk the eggs together.
- A pizza cutter can be used to cut the quesadilla into triangles.