

Breakfast Quesadilla



COOK TIME

20 mins



COURSE

Breakfast, Lunch



SERVINGS

7

CALORIES

404 kcal

EQUIPMENT

- non-stick skillet
- 7 food storage containers optional

INGREDIENTS

- 1 package extra firm tofu
- 7 Tbsp nutritional yeast
- 1/2 tsp salt
- 2 1/2 c Violife cheddar shreds
- 14 Joseph's flax oat and bran tortillas
- 1 large onion finely chopped
- 2 small bell peppers finely chopped
- 3 medium tomatoes diced
- 1 3/4 c canned black beans
- Salt and pepper to taste

INSTRUCTIONS

1. In a non-stick skillet, heat some cooking spray over medium heat.
2. Add the onions and bell peppers, sautéing until softened.
3. Crumble in the tofu, nutritional yeast, and 1/2 tsp salt. Cook, stirring occasionally, until it reaches a scrambled egg consistency with some brown bits throughout.
4. Season with salt and pepper to taste. Then remove from heat and set aside.
5. While this is cooking preheat your oven to 400°F.
6. Lay out the Joseph's flax oat and bran wraps on a flat surface.
7. On one half of each wrap, spread an even layer of the Just Egg mixture.

8. Sprinkle the Violife Cheddar Shreds over the Tofu.
9. Add the 1 Tbsp diced tomatoes and 2 Tbsp black beans.
10. Fold the wraps in half, pressing down gently to seal.
11. Place the folded wraps on a large baking sheet sprayed with a little cooking spray, cooking in the oven for 4 minutes. Remove from oven and flip to the other side. Cook for another 4 minutes on each side or until golden brown and crispy.
12. Make sure the Violife cheddar shreds have melted before removing from the oven.
13. Wrap in foil and store in the fridge.

NOTES

To Pare this down: Use less cheese to decrease the fat Use less beans to decrease the carbs

To bulk this up: Add avocado to increase the healthy fats Serve with a side of rice or refried beans to increase carbs

NUTRITION

Nutrition Facts

Breakfast Quesadilla

Amount Per Serving

Calories 404	Calories from Fat 155
% Daily Value*	
Fat 17.2g	26%
Carbohydrates 47.3g	16%
Protein 26g	52%

* Percent Daily Values are based on a 2000 calorie diet.



Tried this recipe?

Let us know how it was!