

Southwest Breakfast Quesadilla



Makes 1 servings

Active time: **5 minutes**

Total time: **10 minutes**

Course: **Breakfast**

Pico de gallo and cheesy eggs make this quick breakfast flavorful and satisfying.

Ingredients

- ¼ cup refrigerated or frozen egg product, thawed, or 1 egg
- ⅛-¼ teaspoon salt-free Southwest chipotle seasoning blend
- 1 whole-wheat flour tortilla
- 2 tablespoons shredded part-skim mozzarella cheese
- 2 tablespoons canned no-salt-added black beans, rinsed and drained
- 2 tablespoons refrigerated fresh pico de gallo or chopped tomato

Preparation

1. Coat a medium nonstick skillet with cooking spray. Preheat skillet over medium heat; add egg and sprinkle with seasoning blend. Cook over medium heat, without stirring, until egg begins to set on the bottom and around edges. Using a spatula or a large spoon, lift and fold the partially cooked egg so that the uncooked portion flows underneath. Continue cooking over medium heat for 30 to 60 seconds or until egg is cooked through but is still glossy and moist.
2. Immediately spoon cooked egg onto one side of the tortilla. Top with cheese, beans and 2 tablespoons pico de gallo (or chopped tomato). Fold tortilla over filling to cover; press gently.
3. Wipe out the skillet; coat with cooking spray. Cook filled tortilla in hot skillet about 2 minutes or until tortilla is browned and filling is heated through, turning once. If desired, top with additional pico de gallo.

Nutrition

Per Serving: 175 calories; 25 g carbohydrates; 5 g fat (1 g sat, g mono); 19 g protein; 9 mg cholesterol; 14 g dietary fiber; 260 mg potassium; 507 mg sodium. Nutrition bonus: 3 mg Vitamin C, 65 µg Folate, 212 mg Calcium, 1 mg Riboflavin, 1 µg Vitamin B12, 3 mg Iron, 972 IU Vitamin A

© Meredith Corporation. All rights reserved. Used with permission.