

Egg & Avocado Quesadilla

6 ingredients · 15 minutes · 2 servings



Directions

1. Heat the oil in a pan over medium heat. Cook the eggs until scrambled and desired doneness. Season with salt and pepper.
2. Transfer the egg to a plate. Add one tortilla to the same pan. Top it with half of the cheese. Add the eggs and avocado and then sprinkle the remaining cheese on top. Close the quesadilla with another tortilla.
3. Cover the pan with a lid and cook for about four minutes, flipping halfway through.
4. Cut the quesadilla in half and enjoy!

Notes

Leftovers

Best enjoyed fresh. Refrigerate in an airtight container for up to two days. Reheat in a dry pan on the stove.

Serving Size

One serving is equal to half of a quesadilla.

More Flavor

Add salsa and cilantro.

Ingredients

- 1 **tsp** Extra Virgin Olive Oil
- 3 Egg (whisked)
- Sea Salt & Black Pepper (to taste)
- 2 Brown Rice Tortilla
- 2 **ozs** Mozzarella Cheese (grated, divided)
- 1 Avocado (medium, sliced)

