



Egg, Zucchini & Cheese Breakfast Quesadilla

2 servings

20 minutes

Ingredients

- 2 tsps Extra Virgin Olive Oil
- 1 Zucchini (small, sliced)
- Sea Salt & Black Pepper (to taste)
- 4 Egg (whisked)
- 4 Corn Tortilla (small)
- 2 1/2 ozs Cheddar Cheese (shredded)

Directions

- 1 Heat 1/3 of the oil in a large pan over medium heat. Add the zucchini and cook for seven to 10 minutes, or until softened and lightly browned. Season with salt and pepper and then remove and set aside.
- 2 In the same pan over medium heat, add another 1/3 of the oil, then add the whisked eggs. Stir the eggs frequently until cooked to your liking. Season with salt and pepper. Transfer the eggs to a plate once cooked and wipe out the pan.
- 3 Place a tortilla on a flat surface. Sprinkle one half with the cheese, then add the egg and zucchini on top. Fold the other side over to cover.
- 4 Heat the same pan over medium heat and add the remaining oil. Cook for two to three minutes, flipping halfway, until the quesadilla is browned on both sides and the cheese has melted. Enjoy!

Notes

Leftovers: Best enjoyed fresh. Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to two quesadillas.

Make It Vegan: Use vegan shredded cheese instead.

More Flavor: Chili flakes.

Additional Toppings: Cilantro, sour cream, and hot sauce.