

Egg & Cheese Quesadillas

6 ingredients · 10 minutes · 2 servings



Directions

1. Whisk the eggs in a small bowl. Add the cheese and taco seasoning and stir to combine.
2. Add the oil to a small skillet over medium heat. Once hot, pour the egg mixture into the skillet and cook, stirring often with a spatula until fluffy and cooked to your liking. Remove and set aside.
3. In the same skillet, add the tortilla and then add half the egg filling one side of the tortilla. Fold the tortilla in half and gently press down. Cook for two to three minutes per side or until browned and crispy. Let the quesadilla cool slightly and then cut into wedges. Serve with salsa (optional) and enjoy!

Notes

Leftovers

Best enjoyed when made fresh.

Dairy-Free

Use dairy-free cheese instead.

Ingredients

- 4 Egg
- 3 ozs Cheddar Cheese (shredded)
- 1/2 tsp Taco Seasoning
- 1 tsp Avocado Oil
- 2 Brown Rice Tortilla
- 1/4 cup Salsa (for serving, optional)