

# Egg, Spinach & Mozzarella Quesadilla

7 ingredients · 10 minutes · 1 serving



## Directions

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1. Heat a medium-sized skillet over medium-low heat. Add the oil and once hot, add the eggs. Cook, stirring occasionally until fluffy and cooked through. Season with salt and pepper. Remove and set aside.
2. In the same skillet, over low heat, add the spinach and cook until wilted, about two minutes. Remove and set aside with the eggs. Squeeze out excess water from the spinach.
3. In the same skillet over medium heat, add the tortilla, and then add the spinach, eggs, tomato, and mozzarella to 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. Enjoy!

## Notes

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### Leftovers

Best enjoyed when made fresh.

### Dairy-Free

Use a dairy-free cheese.

### Additional Toppings

Add pitted olives and/or chopped parsley.

## Ingredients

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- 1/2 tsp Extra Virgin Olive Oil
- 2 Egg (whisked)
- Sea Salt & Black Pepper (to taste)
- 1 1/2 cups Baby Spinach
- 1 Brown Rice Tortilla
- 1/2 Tomato (chopped)
- 1 1/2 ozs Mozzarella Cheese (shredded)