



## From the Kitchen of Executive Chef Jessica VanRoo

### Cheesy Egg and Veggie Breakfast Quesadilla

Serves 4

*357 calories per serving*

#### Description

Involving your kids in food preparation gives them a sense of responsibility for their meal. Children are less likely to refuse food they helped cook. This easy breakfast quesadilla is the perfect opportunity to let them try.

For instance, teach them to crack and whisk the eggs. Have them peel the vegetables or even learn to cut them with child-friendly tools. They also can help spoon the cooked ingredients into the wrap or sprinkle the cheese on top.

Any way you slice it, cooking together can be a fun way to introduce new foods and instill good nutritional habits.

Total cost: \$7.10/\$1.78 per serving



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#### Ingredients

- 6 teaspoons avocado oil, split in thirds, or more as needed
- 1 cup finely chopped vegetables (bell pepper, corn, zucchini, carrots, onion, etc.)
- 3 eggs, whisked well
- 4 whole wheat tortillas
- $\frac{2}{3}$ - $\frac{3}{4}$  cup shredded, reduced-fat sharp Cheddar cheese
- Avocado and salsa to serve (optional)

#### Instructions

- Heat skillet or frying pan over medium-high heat.
- Coat hot pan with  $\frac{1}{3}$  of the oil.
- When the oil gets hot, sauté the vegetables until soft, remove and set aside.
- Wipe pan clean.
- Heat another  $\frac{1}{3}$  of the oil, add egg and cook just until it sets.
- Remove egg from pan, chop into bite-sized pieces.
- Heat half the remaining oil in a pan, turn heat to low and place a tortilla in the pan.
- Spread  $\frac{1}{4}$  of the cheese,  $\frac{1}{2}$  the vegetables and eggs,  $\frac{1}{4}$  more of the cheese and top with a tortilla.
- Gently press down and cook for 2-3 minutes, or until brown and the cheese has melted on one side.
- Flip and cook the other side for another 2-3 minutes.
- Cut into 6 triangles.
- Repeat with additional tortillas.
- Serve with salsa and avocado if desired.