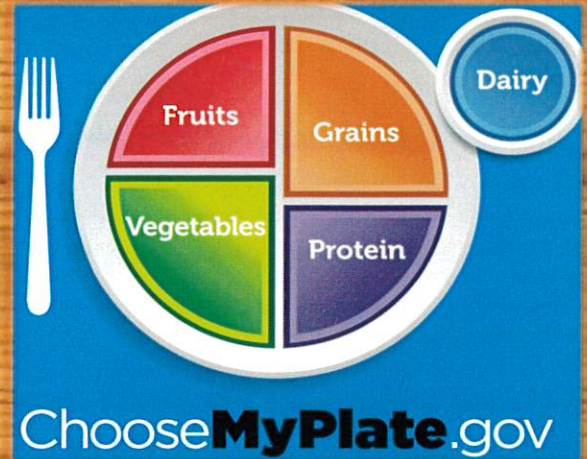


Quick Breakfast Quesadilla

Ingredients

- 2 tablespoons finely diced bell pepper*
- 2 eggs*
- 1/4 cup black beans*
- 2 tablespoons butter*, divided
- 1/3 cup shredded cheese*
- 2 wheat tortillas*
- 1/8 teaspoon salt
- Ground black pepper



* Food items available in
our store*

Steps

1. Dice bell pepper. Whisk the eggs in a small bowl with a fork, and add the salt and pepper. Drain and rinse black beans.
2. Add 1 tablespoon butter to a small nonstick skillet and heat on medium until melted. Add the eggs to the pan and cook for about 1 minute until starting to firm up. When the eggs just start to set, use a flat spatula to slowly scrape sections of eggs, creating folds. Sprinkle on the black beans, bell pepper and salt. Keep cooking, scraping occasionally until eggs are fully cooked, about 2 minutes. Remove to bowl and set aside.
3. Add remaining 1 tablespoon of butter to the skillet and heat over medium high heat. Add tortilla, half the shredded cheese, the scrambled eggs, remaining cheese, and the other tortilla. Cook 1 to 2 minutes per side, until browned and crispy. Cut into wedges and enjoy.