



## Southwest Breakfast Quesadilla Hack



Entire recipe: 125 calories, 3g total fat (1.5g sat fat), 423mg sodium, 10g carbs, 2g fiber, 2.5g sugars, 14g protein

**Green Plan [SmartPoints](#)® value 2\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 1\***

**Purple Plan [SmartPoints](#)® value 1\***

**Prep:** 5 minutes    **Cook:** 10 minutes



More: [Breakfast Recipes](#), [Recipes for Sides, Starters & Snacks](#), [Vegetarian Recipes](#), [Single Serving](#), [30 Minutes or Less](#)

### Ingredients

1 tbsp. chopped bell pepper  
1 tbsp. chopped onion  
1/3 cup (about 3 large) egg whites or fat-free liquid egg substitute  
2 tbsp. shredded reduced-fat Mexican-blend cheese  
2 tbsp. canned black beans, drained and rinsed  
1 tbsp. salsa  
Optional topping: chopped fresh cilantro

### Directions

**HG Tip:** We highly suggest [watching the video demo](#) first, to see how it's done...

Bring a skillet sprayed with nonstick spray to medium-high heat. Add pepper and onion. Cook and stir until softened and lightly browned, about 3 minutes.

Remove skillet from heat; clean, if needed. Respray and bring to medium heat. Add egg whites/substitute and let coat the skillet bottom. Cook for 2 minutes.

Make a cut from the center of the egg to the bottom, dividing the bottom half into 2 quarters. Top the bottom left quarter with the cooked veggies, the upper left quarter with cheese, the upper right quarter with beans, and the bottom right quarter with salsa.

Fold the veggie quarter over the cheese quarter, and fold that over the bean quarter. Fold that over the salsa quarter, leaving you with a layered triangle-shaped quesadilla.

Cook until egg is fully cooked and cheese has melted, about 1 minute per side, flipping carefully.

MAKES 1 SERVING

[SmartPoints](#)® value\* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

\*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.