



## 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

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

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### 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

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. Transfer to a bowl.

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

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

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