

Breakfast Quesadilla

Course: Appetizer, Breakfast, Lunch, Vegetarian Cuisine: American, Mexican, Vegetarian Yield: 2 people

Materials

- 1 thin bread whole wheat
- 3 tablespoons shredded mozzarella (fat free)
- 1 cup vegetables (assorted) diced
- 1/2 cup egg whites
- 1/4 teaspoon black pepper ground
- 1 tablespoon cilantro (optional) chopped
- 2 tablespoons sour cream, fat free
- 1/4 cup pico de gallo or no salt added Enrico's salsa

Instructions

1. In a skillet sauté vegetable until begin to brown; add egg whites and scramble season with black pepper.
2. On a warm griddle or flat top grill place thin bread and warm on one side.
3. Turn bread on the other side and spread cheese all over the bread.
4. Spread cooked vegetables egg mixture on half of the bread only.
5. When cheese begins to melt, fold in half to cover the vegetable scramble. Use a lifter to press firmly. Flip on the other side for 2 minutes and press.
6. Cut into four pieces and serve two pieces per person with fat free sour cream and Pico de Gallo.