

Breakfast Quesadilla

Servings: 3

RECIPE BOX

INGREDIENTS

3 SCRAMBLED EGGS, COOKED
1/4 CUP COOKED CHICKEN
1/4 MEDIUM TOMATO, SLICED
3 WHOLE GRAIN TORTILLAS
(around 90 calories each)
1/2 AVOCADO, SLICED



DIRECTIONS:

STEP 1: Heat waffle maker to medium heat and spray with nonstick cooking spray.

STEP 2: Layer one tortilla, eggs, chicken, tomato and second tortilla.

STEP 3: Close and cook 2-3 minutes or until heated thoroughly.

STEP 4: Remove and cut into 4 pieces, top with avocado slices

GF This recipe is gluten free as written.

V This recipe is vegetarian as written.

Nutrition per Serving: Calories 304, Total Fat 15g, Carbs 26g, Protein 19g, Fiber 5g, Sugars 4g.

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