

Veggie & Egg Quesadilla

Ingredients

- 1 whole wheat tortilla
- 1 egg, scrambled
- 1/4 cup shredded zucchini or spinach
- 1/4 cup shredded mozzarella cheese
- 1 tbsp chopped red bell pepper
- Olive oil spray

Instructions

1. Heat a nonstick skillet and spray with olive oil.
2. Scramble the egg with veggies in the pan until cooked.
3. Place tortilla on the skillet, add cooked egg mix and cheese on one half.
4. Fold the tortilla over and toast both sides until golden and cheese melts.

Health Benefits

- Eggs provide high-quality protein and choline for brain development.
- Veggies add fiber, vitamins A and C.

