

Cheesy Breakfast Quesadillas

Recipe makes 6 meals

Ingredients

32 oz carton of Liquid Egg Whites
12 oz Shredded Cheese
12 Sausage Links
6 Large Ole Xtreme Wellness Tortilla Wraps
4 cups Spinach, chopped
1 Tbsp Adobo
Non-Stick Cooking Spray

*Ranch dipping sauce is not added into the calories and macros. If you use this, be sure to add the calories and macros.



Nutrition Profile

- per meal -

Calories - 513

Fat - 29g

Carbohydrates - 30g

Protein - 43g

Estimated Cost
Per Meal

\$3.17

  @zachcoen

www.mindbodyandnutrition.com

Instructions

1. Start by heating a large skillet over medium-high heat and add in your sausage.
2. While your sausage is cooking, chop your spinach and set it aside.
3. Once your sausage is cooked all the way through, with no pink in the middle, remove from the skillet and set aside.
4. In that same skillet, spray a little non-stick cooking spray and add in your chopped spinach. Cook for about 30 seconds.
5. Next pour in your carton of egg whites with your spinach. Add 1 Tbsp of Adobo and mix well. Stir this occasionally while it cooks.
6. Once your eggs are cooked through, remove them from the pan and set aside.
7. Before you start on your quesadillas, be sure to clean your skillet or use a fresh one. Heat over medium-high heat and spray with non-stick cooking spray.
8. Add 1 oz of shredded cheese to the skillet and immediately place a tortilla wrap on top. Then add another 1 oz of shredded cheese on top of the tortilla wrap. Then add your cooked eggs to one side of your wrap.
9. When the cheese on top is melted, you should be ready to fold your wrap. Cook for 10-15 seconds, then flip and cook for another 10-15 seconds. Repeat this process for all 6 quesadillas and you're done!
10. Enjoy!



Notes

- As mentioned in the video, the sausage can be subbed for any other protein source of your choosing. If you are watching your fat, a leaner source may be appropriate because of the fat content of the cheese in this recipe.
- The Ranch dipping sauce is not included in the calories and macros. Be sure to account for those if you use it. A low calorie salsa is a great option for a dipping sauce as well.