

Make Ahead Breakfast Quesadilla with Cheese Spinach and White Beans

Yield: 8 quesadillas

Total Time: 20 minutes

Ingredients:

- 8 large eggs
- 1 tablespoon milk
- 1/2 teaspoon kosher salt
- 1/2 teaspoon garlic powder
- 1/2 teaspoon black pepper
- 1 tablespoon extra virgin olive oil, plus additional for cooking the quesadillas
- 5 cups fresh spinach, roughly chopped
- 1 (10-ounce) can white beans, rinsed and drained
- 1 1/2 cups freshly grated cheese: cheddar, Swiss, mozzarella, or another similar melty, cheesy
- 8 medium whole wheat tortillas



Directions:

1. In a large bowl, whisk together eggs, milk, salt, garlic powder, and pepper. Set aside.
2. Add 1 tablespoon of the olive oil to a large nonstick skillet over medium heat and heat until it shimmers. Add the spinach and cook, stirring often, until it begins to wilt, about 1 minute. Add the beans, then carefully pour in the egg mixture and cook, stirring occasionally, just until set, about 3 minutes. Taste and season with additional salt or pepper as desired. Remove from the heat.
3. To make the quesadillas: Sprinkle a tortilla with 1/8 of the shredded cheese, leaving a small border all the way around the edge. Spoon 1/8 of the egg mixture on top, then fold in half. Repeat with remaining tortillas.
4. To cook, carefully wipe out the skillet, lightly coat with olive oil, then heat over medium. Cook the assembled quesadillas on both sides until golden and the cheese is melted, about 5-6 minutes total. Cut into triangles and serve warm.

TO FREEZE: Cook the egg filling as directed above, then let it cool to room temperature. Once cooled, form the quesadillas as directed above, but instead of cooking them, wrap each assembled quesadilla individually in plastic wrap, then arrange them in a single layer on a baking sheet or similar flat surface that will fit in your freezer. Place the sheet in the freezer until the quesadillas are firm, then transfer them to a freezer bag or airtight container. Freeze for up to 2 months.

TO COOK FROM FROZEN: Remove the plastic wrap, then warm the quesadilla in the microwave for 2 to 3 minutes until heated through. Alternatively, you can let them thaw overnight in the refrigerator, then cook in a skillet as directed above.