**Breakfast Quesadillas**

**Ingredients**

* 2 large eggs
* 1 large flour tortilla
* 2 tbsp. shredded cheese (cheddar, Monterey jack, etc.)
* 1 tbsp. crumbled bacon
* 2 tbsp. black beans
* 1 tbsp. taco sauce
* 1 tbsp. sautéed bell peppers (optional)
* 1 tbsp. green onion, thinly sliced
* Sour cream and salsa, optional

**Directions**

* **1.** In a small bowl, whisk the eggs. Coat a large skillet with cooking spray. Add eggs; cook and stir over medium heat until completely set. Be careful not to “break up” the eggs too much as they need to hold together when placed in the quesadilla.
* **2.** Place tortilla on a griddle. Spread taco sauce on the side of the tortilla that’s facing up. Spoon eggs over half of the tortilla; sprinkle with cheese, bacon, black beans, and any other toppings you choose. Fold tortilla in half and cook over low heat for 1-2 minutes or until cheese is melted (use a lid on the pan to trap the heat). Serve with sour cream and salsa.

<http://www.tasteofhome.com/recipes/breakfast-quesadillas/print>