

M'eggs'ician Quesadilla with Pineapple Dipping Sauce

Makes: 8 Servings

“I tried different recipes out and let my family be my taste testers and decide which one would be best,” says Riley. “My mom and dad like our family to eat healthy most of the time, but I don't always like some of the vegetables, so I hid them in the quesadilla so everyone is happy! This dish uses all of the food groups in one dish, but we added some mini fruit kabobs for extra vitamins. I hope you enjoy it!”

Ingredients

- 1 cup plain Greek yogurt
- 3/4 cup crushed pineapple, drained
- 2 tablespoons olive oil, plus more as needed
- 1/2 cup diced red bell pepper
- 1 cup chopped fresh spinach
- 3/4 cup diced tomato
- 1/2 cup canned black beans, rinsed and drained
- 8 large eggs
- 1/2 avocado, diced
- 16 whole-wheat flour tortillas
- 1 (16-ounce) package shredded low-fat hot pepper jack cheese

Directions

1. **In a medium bowl**, combine the Greek yogurt and crushed pineapple and set aside.
2. **In a large sauté pan**, heat 1 tablespoon of the olive oil over medium heat. Add the red bell pepper and sauté for about 2 minutes. Add the spinach and stir for 1 minute. Add the tomato, beans, and eggs and cook, stirring, until

Nutrition Information

Nutrients	Amount
Calories	591
Total Fat	29 g
Saturated Fat	7 g
Cholesterol	199 mg
Sodium	718 mg
Total Carbohydrate	53 g
Dietary Fiber	12 g
Total Sugars	5 g
Added Sugars included	N/A
Protein	33 g
Vitamin D	1 mcg
Calcium	394 mg

the eggs are scrambled. Turn off the heat, add the avocado, and stir to combine.

3. **In another sauté pan**, heat the remaining 1 tablespoon olive oil over medium heat. Place 1 tortilla in the skillet, spread some egg mixture on the tortilla until it's covered, sprinkle the cheese on top of the egg mixture and place another tortilla on top. Cook until the tortilla is a little crispy, then carefully flip it over. Once the other side is a little crispy, place the quesadilla on a cutting board and let it sit for a minute. Using a pizza cutter, slice it into sixths. Repeat with the remaining ingredients to make more quesadillas, adding more oil as necessary.
4. **Serve the quesadillas with** the Greek yogurt-pineapple sauce and a side of fruit for a well-balanced meal!

The 2015 Healthy Lunchtime Challenge Cookbook