

DINNERLY



Cheesy Breakfast Quesadillas with Scrambled Eggs & Beans



30min



2 Servings

When you start your day with hot and cheesy quesadillas, you can only go up from there. Stuffed with taco-seasoned beans and scrambled eggs, you're getting the filling protein boost you need in the morning, plus lots of delicious flavor. We've got you covered! (2p-plan makes 2 quesadillas; 4p-plan makes 4—nutrition reflects 1 quesadilla)

WHAT WE SEND

- 2 scallions
- 15 oz can pinto beans
- ¼ oz taco seasoning
- 2 (10-inch) flour tortillas ^{3,4}
- 2 (2 oz) shredded cheddar-jack blend ²
- 4 oz salsa
- 2 (1 oz) sour cream ²

WHAT YOU NEED

- 3 large eggs ¹
- kosher salt & ground pepper
- neutral oil
- butter ²
- distilled white vinegar (or vinegar of your choice)

TOOLS

- rimmed baking sheet
- medium nonstick skillet

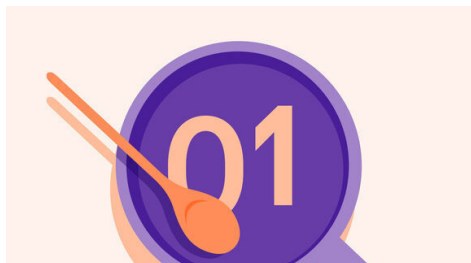
ALLERGENS

Egg (1), Milk (2), Soy (3), Wheat (4). May contain traces of other allergens.

Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 880kcal, Fat 52g, Carbs 66g, Protein 40g

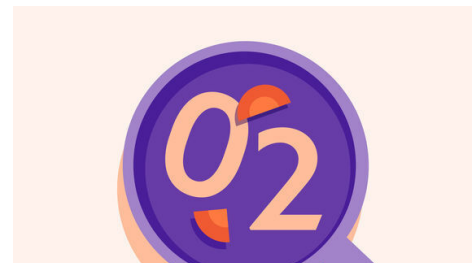


1. Prep ingredients

Preheat oven to 450°F with a rack in the center. Lightly grease a rimmed baking sheet.

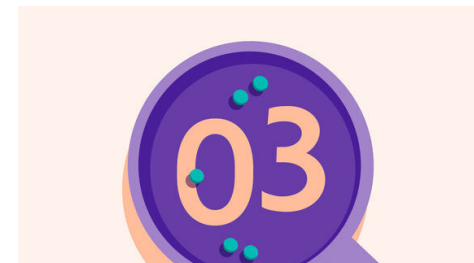
Thinly slice **scallions**. Drain **beans** (do not rinse).

In a medium bowl, beat **3 large eggs** until evenly mixed; stir in **all but 2 tablespoons of the scallions**. Season with **salt** and **pepper**.



2. Scramble eggs

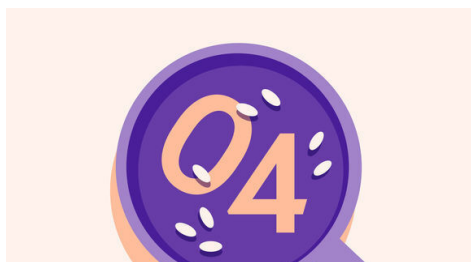
Heat **2 teaspoons oil** in a medium nonstick skillet over medium-high. Add **egg mixture** and cook, stirring gently to scramble, until soft curds form, 1–2 minutes. Transfer to a plate. Wipe skillet clean.



3. Cook beans

Melt **2 tablespoons butter** in same skillet over medium heat. Add **beans** and **taco seasoning**. Cook, stirring occasionally, until beans are warm and fragrant, about 5 minutes.

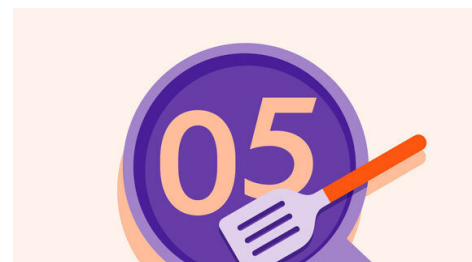
Off heat, add ½ **teaspoon vinegar**. Use a fork to mash half of the beans. Season to taste with **salt** and **pepper**.



4. Bake quesadillas

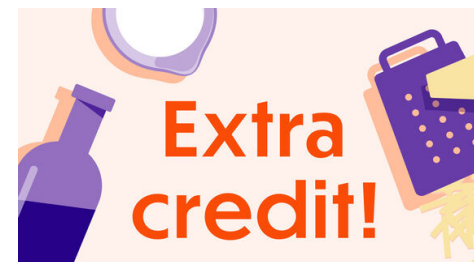
Lightly brush **tortillas** with **oil** and place on prepared baking sheet. Divide **beans**, **eggs**, and **cheese** among them. Fold into half moons.

Bake on center oven rack until beans are warm, cheese is melted, and tortillas are browned in spots, flipping halfway through cooking time, 10–15 minutes (watch closely as ovens vary).



5. Serve

Serve **breakfast quesadillas** topped with **salsa**, **sour cream**, and **remaining scallions**. Enjoy!



6. Make it meaty!

We made this a vegetarian meal on purpose, but if you have carnivores at the table, add some cooked sausage or bacon to the filling in step 4.