

Easy Breakfast Quesadilla with Spinach and Egg - Quick and Healthy Morning Meal

Busy mornings don't mean you have to compromise on nutrition or taste. This



TIME
15 min

METHOD
Air fryer

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Recipe Card

SAVE
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INGREDIENTS

2 large eggs
1 cup fresh spinach, roughly chopped
1/4 cup shredded cheese (cheddar, mozzarella, or Monterey Jack)
1 large flour tortilla (8-10 inches)
Salt and pepper, to taste
1 tablespoon olive oil or butter
Optional: diced tomatoes, sliced avocado, hot sauce, or salsa for serving

DIRECTIONS

1. Step 1: Cook Eggs and Spinach: In a bowl, whisk the eggs with a pinch of salt and pepper.
2. Heat a non-stick skillet over medium heat with half of the olive oil or butter.
3. Add chopped spinach and sauté for 1-2 minutes until wilted.
4. Pour the whisked eggs over spinach. Cook gently, stirring occasionally until eggs are softly scrambled (about 2 minutes). Remove from skillet and set aside.
5. Step 2: Assemble Quesadilla: Place skillet back on medium heat and lightly grease with remaining olive oil or butter.
6. Place tortilla flat onto the skillet.
7. On one half of the tortilla, layer half of the cheese, followed by scrambled eggs and spinach mixture, and top with remaining cheese.
8. Fold tortilla in half over the filling, gently pressing down with a spatula.
9. Step 3: Cook Until Crispy: Cook quesadilla for about 2-3 minutes until golden and crispy on the bottom.
10. Carefully flip and cook the other side for another 2-3 minutes until cheese is melted and the tortilla is golden-brown and crispy.
11. Step 4: Serve: Transfer quesadilla to a cutting board, let it rest briefly, then slice into wedges.
12. Serve immediately with your favorite toppings: salsa, avocado, diced tomatoes, or hot sauce.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/easy-breakfast-quesadilla-with-spinach-and-egg-quick-and-healthy-morning-meal/>