

# *Spinach & Egg Quesadilla*

- 1 spinach tortilla (any brand is fine)
- 2 oz jalapeño almond cheese (or regular is fine)
- ½ cup egg whites
- Handful of fresh spinach
- 3-4 slices of tomato
- 1-2 tbsp Greek yogurt fiesta dip (Costco carries the one I used)

Cook egg whites and spinach just like you would an omelet. Set aside. Spread dip on tortilla then place on warm griddle. Place pre cooked omelet, tomatoes, and almond cheese on one side. Fold in half. Let heat on low until cheese starts to melt and edges crisp a little.

