



SHOPPING LIST

Ingrid Hoffman's Sunny Fried Eggs and Avocado Quesadillas With Tomato and Whole Grain Tortilla

FRESH PRODUCE

- Cilantro, fresh – 2 Tbsp.
- Hass avocado, ripe – 1
- Jalapeño (optional) – ½
- Tomato – 1 medium

BREAD AND GRAINS

- 8-inch whole grain tortillas – 2

DAIRY AND EGGS

- Eggs, large – 2

CONDIMENTS, SEASONING, AND BAKING NEEDS

- Black pepper – ¼ tsp. freshly ground
- Extra-virgin olive oil – 2 tsp.
- Kosher salt – ¼ tsp.

MISCELLANEOUS

- Pine nuts or pumpkin seeds (pepitas) – 1 Tbsp.



- ¼ plate **Sunny Fried Eggs and Avocado Quesadillas** (1 serving)
- ½ plate **Avocado, tomato, jalapeño, nuts, and herbs from the recipe**
- ¼ plate **Whole grain tortilla from the recipe**

YOUR PLATE NUTRITION

Choices

Starch 1.5, Nonstarchy Vegetable 2, Medium-Fat Protein 1, Fat 4

Calories	405
Calories from Fat	245
Total Fat	27 g
Saturated Fat	4.5 g
Trans Fat	0 g
Cholesterol	185 mg
Sodium	385 mg
Potassium	775 mg
Total Carbohydrate	33 g
Dietary Fiber	10 g
Sugars	3 g
Protein	13 g
Phosphorus	265 mg



SUNNY FRIED EGGS AND AVOCADO QUESADILLAS

Makes: 2 servings

Serving Size: 1 egg, 1 tortilla,
½ avocado, ½ tomato

Preparation Time: 15 minutes

Cooking Time: 10 minutes

INGREDIENTS

- 2 tsp.** extra-virgin olive oil, divided
- 2 large** eggs
- 2** 8-inch whole grain tortillas
- 1** ripe Hass avocado, peeled, seeded, and mashed
- 1 med.** tomato, sliced
- 1 Tbsp.** pine nuts or pumpkin seeds (pepitas)
- 2 Tbsp.** fresh cilantro, chopped
- ½** jalapeño, seeded and thinly sliced (optional)
- ¼ tsp.** kosher salt
- ¼ tsp.** freshly ground black pepper

DIRECTIONS

- 1.** Brush a small nonstick skillet with 1 tsp. of the oil and heat over medium heat. Add the eggs one at a time and cook sunny side up for about 2 minutes. Using a spatula, transfer to a plate.
- 2.** While the eggs are cooking, warm the tortillas in a separate skillet (no need to add any oil).
- 3.** For each serving, spread a tortilla with half of the mashed avocado, tomatoes, pine nuts, cilantro, and jalapeños, if using. Top with an egg, drizzle with the remaining extra-virgin olive oil, and season with the salt and pepper. Fold over and serve.

PER SERVING

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