Huevos Rancheros Quesadillas

* **Yield:** 4 servings

**Ingredients**

**1**tablespoon virgin coconut oil

**1/4**cup finely chopped red onion

**4** eggs

**1**tablespoon finely chopped cilantro or flat-leaf parsley

**1/4**teaspoon sea salt

**1**cup cooked black beans

**1/4**cup salsa (plus more for serving)

**1/2**teaspoon chili powder

**1/4**teaspoon ground cumin

**8** (6-inch) gluten-free corn tortillas

**1** medium ripe avocado, halved, pitted, and thinly sliced

**1**tablespoon extra-virgin olive oil

**Instructions**

1. Heat the coconut oil in a large skillet over medium heat. Add the onion and cook, stirring often, until soft and translucent, about 2 minutes. While the onion cooks, whisk together the eggs, parsley, and sea salt. Add the egg mixture to the sautéed onions and cook, stirring frequently with a rubber spatula, until the eggs are scrambled and set but still moist, about 2 minutes. Remove from heat and set aside.
2. In a medium bowl, mash the beans, 1/4 cup salsa, chili powder, and cumin with a fork. Arrange the tortillas in an even layer on a work surface and spread each with an equal amount of the black bean mash. Divide the scrambled eggs among 4 of the tortillas and top with the avocado slices. Place the remaining 4 tortillas, bean side down, on top of the tortillas with the eggs to create quesadillas.
3. Heat the olive oil over medium heat in a very large skillet. Add 2 of the quesadillas and cook for 2-3 minutes per side, flipping with care. Remove from the pan. (Transfer to a warm oven if desired to keep the quesadillas hot.) Add the remaining 2 quesadillas and repeat the cooking process.
4. Cut each quesadilla in half and serve with additional salsa.

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