

Breakfast Quesadillas



Ingredients:

- 2 whole wheat tortillas
- Cooking spray
- 2 hard-boiled eggs, diced
- 1/2 cup reduced-sodium ham or other protein, diced
- 1 cup reduced-fat cheddar cheese, grated
- Optional: sautéed mushrooms or onions

Instructions:

1. Lightly coat skillet with cooking spray.
2. Lay one tortilla on skillet.
3. Sprinkle half the grated cheese on tortilla.
4. Sprinkle diced eggs, ham and any additional toppings over cheese layer.
5. Add second layer of cheese.
6. Top with second tortilla.
7. As soon as the bottom tortilla is golden brown, flip the quesadilla.
8. Continue cooking until second side is golden brown.
9. Remove from heat. Cut into wedges. Serve immediately.

Makes 2 servings.



Tarrant County Public Health
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