

Breakfast Quesadillas



Ingredients:

- 2 whole-wheat tortillas
- Cooking spray
- 2 hard-boiled eggs, diced
- 1/2 cup ham, 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. Sprinkle remaining cheese over eggs and ham.
6. Top with second tortilla.
7. Cook over medium heat. 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.



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