

Quesadilla Con Huevos (FDD)

Makes: 4 Servings

The main ingredient in this recipe is dried egg mix. Prepared egg mix can be used to make omelets, scrambled eggs, or baked egg dishes.

Ingredients

2 tablespoons dried egg mix

1/2 cup water

nonstick cooking spray

1/2 cup low-fat cheddar cheese (grated)

4 flour tortillas (small size)

4 tablespoons salsa (if you like)

Directions

1. Mix dried egg mix and water together in a bowl. In a skillet coated with nonstick cooking spray, cook eggs over medium heat, stirring occasionally, until scrambled and firm. 2. Put 2 tablespoons cheese and $\frac{1}{4}$ of the scrambled eggs on each tortilla. 3. Heat 2 quesadillas at a time in microwave on high for 30 to 45 seconds or until cheese melts. 4. Top with salsa, if using it, and fold tortilla in half. To serve, use a knife or pizza wheel to cut the quesadilla into wedges.

Nutrition Information

Nutrients	Amount
Calories	170
Total Fat	6 g
Saturated Fat	2 g
Cholesterol	100 mg
Sodium	340 mg
Total Carbohydrate	19 g
Dietary Fiber	1 g
Total Sugars	1 g
Added Sugars included	N/A
Protein	9 g
Vitamin D	N/A
Calcium	100 mg
Iron	1 mg
Potassium	N/A
N/A - data is not available	

Notes

Tip: These can be made plain or with ingredients such as peppers, tomatoes, mushrooms, or onions. Instead of using a microwave, you can heat the tortillas on a skillet or griddle until the cheese melts.

Source: Recipe adapted from SNAP-ED Connection Recipe Finder