

Quesadilla con Huevos

Cheesy tortilla with eggs!

4 servings

Ingredients:

- 1/2 cup grated Cheddar or Cojack cheese, divided
- 2 eggs, scrambled
- 4 flour tortillas (6- to 8-inch size)
- 4 tablespoons salsa, optional

Directions:

1. Put 2 tablespoons cheese and 1/4 of the scrambled eggs on each tortilla.
2. Heat 2 Quesadillas at a time in microwave on high for 30 to 45 seconds or until cheese melts.
3. Top with salsa and fold tortilla in half to serve.

Nutrition Facts: One serving provides 210 calories, 10g total fat, 140mg cholesterol, 350mg sodium, 19g total carbohydrate

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

K-State Research and Extension
Family Nutrition Program



www.kidsacookin.ksu.edu

Chef's Choice

Quesadilla con Huevos
100% Fruit Juice
Low Fat Milk

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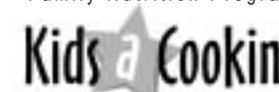
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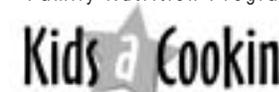
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