

Quesadilla Con Huevos

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.

Notes

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	170	
Total Fat	6 g	
Protein	9 g	
Carbohydrates	19 g	
Dietary Fiber	1 g	
Saturated Fat	2 g	
Sodium	340 mg	

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.