



Easy Egg Breakfast Quesadillas

Prep Time: 5 minutes | **Cook Time:** 5 minutes | **Makes:** 2 servings



What You Need

- 1/2 cup shredded Mexican cheese blend (2 oz.)**
- 2 whole wheat OR flour tortillas (7-inch)**
- 4 slices Canadian-style bacon (2-1/2 oz.)**
- 4 EGGS, beaten**
- Salsa**

Here's How

- SPRINKLE** 1/4 cup cheese on one side of each tortilla. **TOP** each with 2 bacon slices.
- COAT** large nonstick skillet with cooking spray; heat over medium heat until hot. **POUR IN** eggs. As eggs begin to set, **GENTLY PULL** the eggs across the pan with an inverted turner, forming large soft curds. **CONTINUE** cooking - pulling, lifting and folding eggs - until thickened and no visible liquid egg remains. **Do not stir constantly.**
- SPOON** eggs on top of bacon, dividing evenly. **FOLD** tortillas over filling to cover, pressing gently.
- CLEAN** skillet. **COAT** with cooking spray; heat over medium-low heat until hot. **TOAST** quesadillas just until cheese is melted, about 1 to 2 minutes per side. **CUT** into wedges; serve with salsa.

Insider Info

- **Substitute:** 2 thin ham slices can be substituted for the Canadian-style bacon.

Nutrition Info

calories: 446	dietary fiber: 2g
total fat: 24g	protein: 30g
saturated fat: 10g	vitamin A: 787.0IU
polyunsaturated fat: 2g	vitamin D: 35.0IU
monounsaturated fat: 5g	folate: 48.4mcg
cholesterol: 466mg	calcium: 255.8mg
sodium: 1,006mg	iron: 3.1mg
carbohydrates: 24g	choline: 275.4mg

Excellent Source: *protein, choline and calcium*

Good Source: *vitamin A, folate and iron*