

# Quesadilla con Huevos

Tortillas, eggs, cheese, and salsa can be enjoyed at any meal. Enjoy this main dish with a salad and a piece of fruit for a well balanced lunch.

Makes: 4 servings

Prep Time: 5 minutes  
Cook Time: 5 minutes

Source: [myplate.gov](http://myplate.gov)

## Ingredients

- 1/2 cup cheddar or colby jack cheese (grated)
- 2 eggs (scrambled)
- 4 flour tortillas (6 - 8 inch)

### Optional Ingredients

- 4 Tablespoons salsa (any kind)

## Directions

1. Put 2 Tablespoons of 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.

## Utensils Needed

- Grater
- Skillet
- Mixing Spoon
- Measuring Spoons
- Microwavable Plate



Small Changes,  
BIG Difference!



## Nutrition Information

Serving Size: 1 Quesadilla

Nutrients	Amount
Calories:	252
Total Fat:	11 g
Saturated Fat:	5 g
Cholesterol:	108 mg
Sodium:	448 mg
Total Carbohydrates:	27 g
Dietary Fiber:	2 g
Total Sugars:	1 g
Added Sugars:	0 g
Protein	11 g

# SHOPPING LIST

Average total cost without oil and seasonings: \$5.37

Average cost/serving: \$1.34

Recipe makes: 4 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location. Optional items can be added.

## Ingredients



Add 1 to Cart  
Large Eggs, 12 count



Add 1 to Cart  
Sharp Cheddar Cheese, 8 oz  
Brick



Add 1 to Cart  
Flour Tortillas, 10 count

## SAVE TIME, SAVE MONEY

## My Cooking Notes

### Storage Tips

- Serve immediately. Refrigerate any leftovers within 2 hours.

### Cooking Tips

- Flour tortillas can be used to make any type of delicious quesadilla! Check out [www.snapedny.org](http://www.snapedny.org) for recipe inspiration and ideas!
- Extra eggs can be used to make a frittata, quiche, or even used in any type of baked good. Fresh eggs stored in the refrigerator can last up to 4-5 weeks after you purchase them!
- Cheese can go into any dish as an additional topping!