

Quesadilla con Huevos

Yield 4 servings

Ingredients

1/2 cup	cheddar or cojack cheese (grated)
2	egg (scrambled)
4	flour tortillas (6 - 8 inch)
4 tablespoons	salsa (optional)

Instructions

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.

Cost

Per recipe: \$1.31

Per serving: \$0.33

Source

Kansas Family Nutrition Program, [Kids a Cookin'](#)

Notes

Kids can make these as plain as they like or can add ingredients such as peppers, tomatoes, mushrooms or onions. Quesadillas make a great breakfast or lunch that's easy and quick. Instead of using a microwave, you can heat the tortillas on a skillet or griddle until the cheese melts.

Safety Tips: The melted cheese is hot, so wait a minute before eating. Use a knife or pizza wheel to cut the quesadilla into wedges for serving.

Nutrition Facts	
Serving Size 1 prepared quesadilla, 1/4 of recipe (85g)	
Servings Per Container 4	
Amount Per Serving	
Calories 190	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 110mg	37%
Sodium 430mg	18%
Total Carbohydrate 17g	6%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 9g	
Vitamin A 6%	Vitamin C 0%
Calcium 15%	Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	