



Breakfast Quesadillas

Prep: 10 minutes

Cook: 10 minutes • Serves: 4

- 2 tablespoons unsalted butter
- 2 green onions, sliced
- ½ medium jalapeño pepper, diced
- 4 large eggs
- ¼ cup 2% reduced fat milk
- ¼ teaspoon ground cumin
- ¼ teaspoon salt
- ⅛ teaspoon ground black pepper
- 4 (8-inch) flour tortillas
- 1 cup shredded pepper Jack cheese
- ½ cup salsa
- ¼ cup sour cream

1. In large nonstick skillet, melt 1 tablespoon butter over medium heat. Add green onions and jalapeño, and cook 3 minutes. In large bowl, whisk eggs, milk and cumin. Pour egg mixture into skillet and gently stir 3 minutes or until eggs are cooked through. Remove from heat; stir in salt and pepper.

2. Melt remaining 1 tablespoon butter on griddle over medium heat. Place 2 tortillas on griddle and top each with ¼ cup cheese, ½ the egg mixture, another ¼ cup cheese and a second tortilla. Cook 4 to 6 minutes or until tortillas are golden and cheese melts, turning quesadillas halfway through cooking. Cut each into quarters and serve topped with salsa and sour cream.

*Approximate nutritional values per serving:
433 Calories, 25g Fat (13g Saturated),
259mg Cholesterol, 771mg Sodium,
32g Carbohydrates, 2g Fiber, 17g Protein*