



BREAKFAST QUESADILLAS

PREP TIME: 5 minutes

SERVING SIZE: 1 quesadilla

COOK TIME: 15 minutes

SERVES: 4

INGREDIENTS

- 4 eggs
- 4 egg whites
- 1 can diced tomatoes (14.5 oz)
- ½ cup chopped cilantro
- 1 teaspoon ground black pepper
- ½ teaspoon salt
- Fat-free cooking spray
- 4 (8 inch) whole wheat tortillas
- ¾ cup shredded reduced fat Cheddar cheese



PREPARATION

1. Combine eggs, drained tomatoes, cilantro and pepper in a medium bowl.
2. Spray a large skillet with cooking spray and scramble mixture until cooked. Remove from heat.
3. Wipe skillet clean and spray with cooking spray. Place tortilla in skillet, top one half of surface with 1 tablespoon of cheese, 2/3 cup scrambled egg mixture, plus 2 more tablespoon of cheese. Fold in half and lightly brown both sides of quesadilla.
4. Repeat with remaining tortillas. Cut each quesadilla into fourths and serve warm.

Nutrition Facts

4 servings per container	
Serving size	1 quesadilla (255g)
Amount per serving	
Calories	280
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 190mg	63%
Sodium 940mg	41%
Total Carbohydrate 29g	11%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 20g	
Vitamin D 1mcg	6%
Calcium 156mg	10%
Iron 1mg	6%
Potassium 351mg	8%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

SOURCE

<https://www.readyseteat.com/recipes-Breakfast-Quesadillas-1993?brand=13>

Recipe modified by CHOICES Nutrition Education Program



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QUESADILLAS DE DESAYUNO

TIEMPO DE PREPARACIÓN: 5 minutos

TAMAÑO DE PORCIÓN: 1 quesadilla

TIEMPO PARA COCINAR: 15 minutos

PORCIONES: 4

INGREDIENTES

- 4 huevos
- 4 claras de huevo
- 1 lata de tomates cortados en cubitos (14.5 oz.)
- ½ taza de cilantro picado
- 1 cucharadita de pimienta negra
- ½ cucharadita de sal
- Spray de cocina sin grasa
- 4 tortillas de harina integral (8 pulgadas)
- ¾ taza de queso Cheddar bajo en grasa, rayado

PREPARACIÓN

1. Combine los huevos, los tomates escurridos, el cilantro y la pimienta en un tazón mediano.
2. Rocíe una sartén grande con aceite y revuelva la mezcla hasta que esté cocida. Retírelo del calor.
3. Limpie la sartén y rocíe con aceite. Coloque la tortilla en la sartén, cubra la mitad con 1 cucharada de queso, 2/3 de taza de mezcla de huevos revueltos y 2 cucharadas de queso. Doble por la mitad y dora ligeramente los dos lados de la quesadilla.
4. Repita con las tortillas restantes. Corte cada quesadilla en cuartos y sirva caliente.



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FUENTE

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Receta modificada por CHOICES Programa Educativo de Nutrición



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