

Quesadilla con Huevos

Cheesy tortilla with eggs!



Level: Easy

Makes: 4

Kids' Tool Kit

Measuring spoons
Skillet
Spoon
Spatula
Knife
Pizza wheel

Ingredients:

1/2 cup grated Cheddar or Cojack cheese,
divided
2 eggs, scrambled
4 flour tortillas (6- to 8-inch size)
4 tablespoons salsa, optional



Directions:

Remember to wash your hands!

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.

Chef's Choice

Quesadilla con
Huevos
100% fruit juice
Low fat milk



Helpful Hints: 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.

Look for Kids a Cookin' recipe # 16 Scrambled Eggs and #12 Farmers' Market Salsa to help in making Quesadilla con Huevos.



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 (91g)	
Servings Per Container 4	
Amount Per Serving	
Calories 210	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 4.5g	22%
Cholesterol 140mg	46%
Sodium 350mg	14%
Total Carbohydrate 19g	6%
Dietary Fiber 1g	5%
Sugars 1g	
Protein 10g	
Vitamin A 8%	Vitamin C 4%
Calcium 15%	Iron 10%

*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

For more information about this recipe and other fun recipes: contact your county extension office in Kansas, visit the website at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.