Quesadilla con Huevos

Cheesy tortilla with eggs!

Level: Easy

Makes: 4

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:

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.

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.

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.

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