



Sausage Egg and Cheese Quesadilla

Servings 8 | Prep time 5 mins | Total time 25 mins.

Equipment: Medium mixing bowl, Paper towel, Frying pan

Utensils: Fork, Spatula, Measuring cups and spoons

Ingredients

8 ounces turkey OR chicken sausage

6 large eggs

1/4 teaspoons salt

1/4 teaspoon black pepper

1 1/2 cups cheddar cheese, shredded

1 1/2 cups vegetables, cooked (such as: onions, bell pepper, tomato, zucchini, mushroom)

8 medium whole wheat flour tortillas

Instructions

2. Before you begin, wash your hands, surfaces, utensils, and produce.
3. Add sausage to frying pan and cook over medium heat until browned and cooked through.
4. While the sausage is cooking, add the eggs to a medium mixing bowl and season with salt and black pepper. Whisk the eggs with a fork.
5. Remove sausage from pan and set aside. Add the eggs to frying pan over medium heat. Using a spatula gently push eggs around until eggs form soft fluffy scrambles. Do not over cook scramble, only cook until just set.
6. Off the heat, add the cooked sausage, cheese, and vegetables to pan with the scrambled eggs. Mix together gently until mixed evenly.
7. Add about 1/2 cup of sausage, egg and vegetable mixture onto each tortilla, arrange so it fills 1/2 of the tortilla. Fold the tortilla closed.
8. Wipe out the frying pan. On a dry pan over medium heat cook the quesadilla until browned, flip and cook on other side until cheese is melted.

Nutritional Information:

Calories 350 Total Fat 17g Sodium 750mg Total Carbs 28g Protein 21g