



EGG & CHEESE BREAKFAST QUESADILLA

September 25

National Quesadilla Day



INGREDIENTS

- 2 Tortillas, Soft, Flour (about 8") (enriched or whole grain rich)
- 4 Large Eggs
- 1 Cup Shredded Cheese
- 1 Tablespoon Unsalted Butter
- Salt and Pepper (to taste)

DIRECTIONS

1. Crack the eggs into a mixing bowl. Add a pinch of salt and pepper to taste. Beat the eggs thoroughly with a whisk or fork until the mixture is smooth and fully blended.
2. In a non-stick skillet, heat a small amount of butter over medium-low heat. Once the butter is melted and slightly bubbling, pour the beaten eggs into the pan. Stir continuously with a spatula, allowing the eggs to cook gently and form soft, fluffy curds. This should take about 2-3 minutes. Once cooked, remove the eggs from the heat and set aside.
3. Place the flour tortillas on a clean surface. Lay one tortilla flat on a cutting board or countertop.
4. Sprinkle half of the shredded cheese evenly across the surface of the tortilla. Then, spoon half of the scrambled eggs onto the cheese.
5. Take the second tortilla and place it on top of the egg, cheese, and filling layers. Press down gently to compact the quesadilla.
6. In the same skillet you used for the eggs, add a little more butter or oil and heat over medium-high heat. Place the assembled quesadilla into the hot skillet. Cook for 2-3 minutes, or until the bottom tortilla is golden brown and crispy.
7. Use a spatula to flip the quesadilla carefully, then cook the other side for an additional 2-3 minutes until it's golden and crispy as well. The cheese inside should be melted, and the filling should be warm.
8. Remove the quesadilla from the skillet and place it on a cutting board. Use a sharp knife or pizza cutter to slice the quesadilla into 8 wedges.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Grain

MEAL TYPE

 Breakfast

YIELD

8 Wedges

PORTION SIZES

Toddler	Preschool	School Age	Adult
1 Wedge	1 Wedge	2 Wedges	4 Wedges