

Egg, Ham & Cheese Breakfast Quesadilla

INGREDIENTS

- 2 large whole grain soft tortillas
- 3-4 eggs
- splash of milk
- half of a bell pepper, sliced thinly
- 3 mushrooms, sliced
- 2 tbsp diced ham or leftover bacon
- 2 tsp vegetable oil
- 3/4-1 cup cheddar cheese, shredded



DIRECTIONS

1. Heat oil in a skillet over medium heat on the stove
2. Add mushrooms and peppers, saute until fragrant and tender.
3. Add ham or bacon if using and saute for about one minute
4. Lightly whisk eggs and milk in a small bowl, add salt and pepper.
5. Add egg mixture to skillet and cook until scrambled.
6. Remove from heat.
7. Lay tortillas out on a flat surface, sprinkle 1/4 cup cheese on one half of each quesadilla, then cover with egg/veggie mixture (half of mixture on each tortilla on top of cheese). Sprinkle the rest of the cheese on top of egg mixture on both tortillas. Fold tortillas over to make a half-moon shape and press down lightly.
8. Place the non-stick skillet back on burner at low-medium heat.
9. Place one of the quesadillas in skillet and cook until golden brown. Flip and repeat. Do the same with the second quesadilla.
10. Remove from heat and allow to cool for a few minutes. Cut into triangles and serve with salsa.

Recipe by Sarah Remmer (online source: <http://www.yummymummyclub.ca/blogs/sarah-remmer-the-non-diet-dietitian/20150528/breakfast-quesadilla-recipe>)