



Breakfast Quesadilla

Yield: 1 quesadilla

Prep Time: 10 minutes

Cook Time: 5 minutes

Allergens: wheat/gluten, dairy, eggs

Kitchen Tools: cutting board, knife, 2 small bowls, frying pan, spatula

Ingredients:

2 tsp	Canola oil
2 tbsp	Green pepper
1 tbsp	Onion
¾ tsp	Taco seasoning
2 large	Eggs
2 tbsp	Water
Pinch	Salt
Pinch	Black pepper
1 large	Flour tortilla
1/4 cup	Shredded cheese

Food Preparation Instructions:

1. Wash and dry your hands.
2. Place a cutting board on the counter with a damp cloth underneath to keep it from sliding around.
3. Place one tortilla on a dinner plate.
4. Dice the green pepper and onion and place in one bowl.
5. Crack the eggs into a small bowl. Add the 2 tablespoons of water, and a pinch of salt & pepper. Using a fork, whisk until all ingredients are combined. Set aside.
6. **Now follow the cooking directions on the next page.**

Breakfast Quesadilla

Serves 1 person



Cooking Directions:

Cook the quesadilla:

1. Place a medium frying pan on the stove top and turn onto medium heat (5 on the dial).
Check to see if the pan is hot by holding the back of your hand a few inches above the pan.
2. Once the pan is hot, add 2 teaspoons of oil.
3. Add the diced peppers and onions. Cook stirring often until the vegetables soften, about 2 minutes. Add the taco seasoning and stir.
4. Carefully pour the whisked eggs into the pan with the cooked vegetables and stir while cooking to make scrambled eggs.
5. Scoop the mixture onto the tortilla and sprinkle with the shredded cheese. Pick up the tortilla by the edges and gently place it back into the warm pan.
6. Cook for one minute and then, using your heatproof flipper, fold in half, pressing down on the tortilla.
7. Turn off the stove top and slide the quesadilla onto your cutting board. Cut into three triangles.

To serve: Place three triangles of quesadilla on a plate and serve while warm with a side of salsa and sour cream, if desired. Let cool for 2-3 minutes before eating.

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Estimated cost per person (1 quesadilla):

QUANTITY	INGREDIENT	RECIPE COST (estimated)
2 teaspoons (10 ml)	Canola or vegetable oil	\$0.06
2 tablespoons (30 ml)	Green pepper, diced	\$0.08
1 tablespoon (15 ml)	Onion, diced	\$0.02
¼ teaspoon	Taco seasoning	\$0.12
2 large	Eggs	\$0.73
2 tablespoons (30 ml)	Water	\$0.00
Pinch	Salt	\$0.00
Pinch	Black pepper	\$0.00
1 each	Large tortilla (8-10 inches)	\$0.49
1/3 cup (80 ml)	Shredded cheese (mozzarella, cheddar, or other)	\$0.80
TOTAL: \$2.31/recipe = \$2.31/person		

