



Entrée Ham & Egg Quesadilla

Yield: 2
 Prep time: 10 min
 Cooking time: 5 min

| Ingredients | Metric | Imperial | Method |
|---|--------|----------|--|
| Vegetable oil | 5 ml | 1 tsp | Heat oil in skillet over medium high heat. Add ham, sweet pepper and onion; cook, stirring 2 minutes. |
| Ham, chopped | 150 ml | 2/3 c | |
| Sweet red or green pepper, diced | 75 ml | 1/3 c | |
| Green onion, sliced | 1 | 1 | |
| Eggs | 4 | 4 | Whisk together eggs and milk. Season with salt pepper. Add to skillet; stir gently til soft curds form. Remove to plate; keep warm. |
| Milk | 15 ml | 1 tbsp | |
| Salt and pepper, to taste | | | |
| Whole wheat flour tortilla | 2 lg | 2 lg | Clean skillet and place a tortilla in the skillet over medium heat. Sprinkle half the cheese over tortilla. Top with egg mixture. Place other tortilla on top; press down. Cook until tortilla is lightly browned on bottom. Flip and cook other side. Transfer to large plate, cut into 8 wedges. |
| Monterey Jack or Cheddar cheese, grated | 125 ml | ½ c | |
| Salsa, optional | | | |
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Source: Canadian Egg Marketing Agency

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