



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			

Source: Canadian Egg Marketing Agency

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