

Ham, Egg and Cheese Breakfast Quesadillas

INGREDIENTS:

- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 1 cup diced ham
- 4 large eggs, lightly beaten
- Kosher salt and freshly ground black pepper, to taste
- 5 8-inch whole-wheat tortillas
- ½ cup shredded reduced-fat cheddar cheese
- ½ cup raspberries
- ½ cup blackberries } or seasonal fruit on sale!
- 4 tangerines, peeled and segmented

Optional:

Spinach

Cherry tomatoes

Bell peppers

DIRECTIONS:

1. Heat olive oil in a large skillet over medium-high heat. Add garlic, and cook, stirring frequently, until fragrant, about 1 minute. Stir in ham.
2. Add eggs to the skillet and cook, stirring gently using a silicone or heat-proof spatula, until they just begin to set; season with salt and pepper, to taste. Continue cooking until thickened and no visible liquid egg remains about 3-5 minutes.
3. Layer half of each tortilla with the egg mixture; sprinkle with cheese. Fold in half and place in skillet or pop in the oven for 5 minutes at 400°F.
4. Place into oven and bake until the cheese has melted about 5-6 minutes.
5. Place quesadillas, raspberries, blueberries, and tangerines into meal prep containers.

***Refrigerate for up to 3 days. The quesadillas can be reheated in the microwave in 30-second intervals until heated through.**

Yields: 5 breakfast meals

Adapted from source: damndelicious.net



Rebecca Liverman
Extension Director, Washington County