

# Cheesy Breakfast Quesadillas



## breakfast

**POINTS®** Value: 6  
Servings: 4  
Preparation Time: 10 min  
Cooking Time: 15 min  
Level of Difficulty: Easy

Quesadillas for breakfast? Sure! Ours are a jazzed-up version of a Mexican omelet and toast.

## Ingredients

1 spray(s) cooking spray  
8 oz fat-free egg substitute  
4 slice(s) cooked crisp turkey bacon, crumbled  
4 large burrito-size wheat flour tortilla(s)  
1/4 cup(s) low-fat shredded cheddar cheese  
1/2 cup(s) salsa  
2 tbsp cilantro, fresh, chopped

## Instructions

Coat a large skillet with cooking spray and heat over medium-high heat until a drop of water drizzled on pan sizzles. Add egg substitute and reduce heat to low; scramble eggs until firm, about 3 minutes. Set aside and keep warm.

Wipe skillet clean and recoat with cooking spray. Place skillet over medium-high heat and cook one tortilla for 2 minutes. Flip tortilla and place 1/4 of scrambled egg mixture, 1/4 of bacon and 1 tablespoon of cheese down center of tortilla. Fold tortilla in half and cook until filling is hot and cheese melts, about 1 minute more; set aside and cover to keep warm. Repeat with remaining ingredients.

To serve, top each quesadilla with 2 tablespoons of salsa and 1/2 tablespoon of cilantro.

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