

BREAKFAST QUESADILLAS

EGGS are tasty, filling and good for your health as a whole egg contains a little bit of every nutrient you need. Cheap and easy to prepare they are an inexpensive source of high quality lean protein.

Blue, green, brown or white eggs may have different colours but there is no difference in taste or nutrition between them. An average hen lays 300 – 325 eggs per year. The colour of the yolk depends on the hen's diet and age, and typically as hens age, their eggs become larger.

An extremely versatile ingredient, eggs are not just for eating but are used to make beauty products such as face masks, compost and garden fertilizer. In many cultures the egg is a symbol of new life, fertility and re birth.

Eggs are also a breakfast/brunch mainstay and scrambled, poached, baked or fried are some of the ways to consume eggs. Quick and simple to cook, eggs can also be used in burritos or quesadillas as shown in the recipe for BREAKFAST QUESADILLAS below..

PREP TIME: 20 min

COOK TIME: 20 min

SERVINGS: 2

INGREDIENTS:

- 2 large tortillas
- 1 ½ tsps Olive oil
- 1 Chorizo Sausage cooked and casing removed
- 3 eggs lightly beaten
- ¼ tsp salt
- 1 tbsp butter
- 1 cup shredded Mexican cheese
- 2 cups kale washed, stemmed and coarsely chopped
- 1 cup sliced button mushrooms
- ¼ cup chopped green onion
- ½ cup chopped red bell pepper
- ½ jalapeno seeds removed and chopped (optional)
- Cooking spray

DIRECTION:

- Heat olive oil in a pan or non stick skillet on medium heat. Add onions and saute for about 2 minutes. Next add red peppers and mushrooms and saute for another 2 mins and then add kale, jalapeno pepper and chorizo sausage. Cook until veggies are tender and then remove from heat and keep warm.
- In a skillet melt butter on medium heat and pour in the egg mixture with a ¼ tsp of salt. Cook eggs while stirring until they start to firm up then scramble until they are cooked through and remove from heat.
- Coat a large skillet or fry pan with cooking spray and heat on medium heat. Place a tortilla in the pan and sprinkle a ¼ cup of cheese on one half of the tortilla followed by half the veggie mixture and half the scrambled egg. Top with a ¼ cup of cheese and fold tortilla in half over filling. Cook for a few minutes until tortilla is golden brown, turning once.
- Transfer quesadilla to a cutting board and repeat the process with the second tortilla.
- Slice each quesadilla into 2 or 3 slices and serve with your favourite hot salsa, guacamole or sour cream.

Bon Apetit..

JEN'S COOKING TIPS

Breakfast Quesadillas are one of my favourite egg recipes as they are easy to make, tasty and can be served at any time.

- Use a large non-stick skillet for cooking quesadillas for best results
- You can substitute the kale leaves with fresh spinach leaves, thinly sliced broccoli or asparagus spears
- You can substitute the fresh jalapeno with ½ tsp of red chilli flakes
- You can substitute the button mushrooms with any mushroom of your choice
- Use Mexican shredded cheese for more flavour or any soft melting cheese as it helps to bind all the ingredients together.
- You can substitute the chorizo sausage with cooked ham or breakfast sausage

- You can use flour, corn, wheat or spinach tortillas
- Saran wrap leftover quesadillas and store in refrigerator for up to two days.

YOU WILL NEED:

2 large tortillas

Red pepper

Kale leaves

Mushrooms

Green onion

Jalapeno pepper

Chorizo sausage

Eggs

Butter

Olive oil

Cooking spray

