

Print this out and fold in half for an instant recipe card.

Huevos Rancheros Quesadillas

Prep Time: 25 Min | Start to Finish: 25 Min | 2 Servings

1/2 cup fat-free egg product or 2 eggs
1 tablespoon water
Dash salt
1/4 teaspoon chili powder
2 medium green onions, sliced
4 white corn tortillas (6 inch)
1/4 cup fat-free refried beans
2 tablespoons Old El Paso® Thick 'n Chunky salsa
1/4 cup shredded reduced-fat sharp Cheddar cheese

-----fold here-----

Huevos Rancheros Quesadillas

Directions

1. In medium bowl, beat egg product, water, salt and chili powder with wire whisk until blended.
2. Heat 10-inch nonstick skillet over medium heat. Add onions; cook 1 to 2 minutes or until crisp-tender.
3. Reduce heat to medium-low. Add egg mixture; cook 2 to 3 minutes, stirring frequently, until eggs are set but still moist. Remove from pan; keep warm.
4. Spread each of 2 tortillas with 2 tablespoons refried beans and 1 tablespoon salsa. Top with egg mixture, cheese and remaining tortillas.
5. Wipe out skillet. Heat over medium heat. Cook each quesadilla in skillet 3 minutes, turning carefully halfway through cooking, until crisp.
6. Cut each quesadilla into quarters. Serve with additional salsa and sour cream, if desired.

Egg-stra Special: *Egg whites provide the protein from eggs but don't contain the cholesterol found in egg yolks. That's good news for your heart.*

1 Serving: Calories 200 (Calories from Fat 25); Total Fat 2.5g (Saturated Fat 1g, Trans Fat 0g); Cholesterol 0mg; Sodium 570mg; Potassium 380mg; Total Carbohydrate 30g (Dietary Fiber 5g); Protein 15g
% Daily Value: Vitamin A 10%; Vitamin C 2%; Calcium 20%; Iron 15%; Vitamin D 4% Carbohydrate Choices: 2

2011 © and ®/™ of General Mills