

Breakfast Quesadilla

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Ingredients

- 3 large eggs
- 2 tablespoons salted butter
- 1 tablespoon half and half or whole milk
- 2 large flour tortillas
- 2 slices cheese or 1/4 cup shredded cheese, any kind
- 1 slice of deli ham or turkey, or 1/8 cup cooked sausage or crumbled bacon
- Serve with a side of fruit.
- Garnishes: Salsa, sour cream or unsweetened Greek yogurt, cilantro

Instructions

1. Beat eggs with half and half or milk until frothy.
2. Scramble with 1/2 tablespoon of the butter in a skillet over medium heat to a soft, wet consistency. Remove, add another 1/2 tablespoon butter on top of egg, and set aside; wipe out pan.
3. Add the remaining butter to the skillet and melt over medium heat. Once melted, add the first flour tortilla.
4. Tear one slice of the cheese or add shredded cheese and scatter on top of the tortilla.
5. Add the slice of ham, turkey, cooked sausage or cooked, crumbled bacon and the scrambled eggs. Top with remaining cheese and the second tortilla.
6. Turn the heat up to medium high and cook until the bottom tortilla is golden brown and crisp.
7. Using a wide spatula or egg turner, carefully turn the tortilla over and cook on the other side until golden brown.
8. Remove to a cutting board and let rest for just a minute.
9. Slice in half and then in quarters.
10. Serve with a side of chunky salsa for dipping and unsweetened Greek yogurt or sour cream and some fruit.

Notes

Add sauteed onions and peppers, either sweet or hot for a little extra kick.

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