



## FARM FRESH BREAKFAST QUESADILLAS

SERVINGS: 4-6 | PREP TIME: 5 MINS | COOK TIME: 5 MINS

- Lay out parchment paper or foil for assembly.
- On a tortilla, assemble by evenly distributing ingredients in this order: 1/4 cup shredded cheddar, about 1/3 cup scrambled eggs, 1/3 cup spinach, sprinkle of bacon, sprinkle of ham, and end with another 1/4 cup shredded cheddar. Top with another tortilla.
- Warm skillet to medium and melt a little butter in the pan.
- Using the parchment paper as help, slide assembled quesadilla carefully onto hot skillet and cook on each side for 3-4 minutes or until tortilla begins to brown and cheese is melted.
- Slice it up like a pizza and serve!
- FREEZER MEAL INSTRUCTIONS:

*To Freeze:* Assemble the quesadillas and freeze just before cooking in a freezer bag between layers of parchment paper. Lay flat in the freezer.

*To Prepare:* Thaw overnight in the refrigerator and cook according to instructions.

12 whole-wheat tortillas  
3 cups shredded cheddar cheese  
12 eggs, scrambled  
2 cups chopped fresh spinach  
1/2 lb. bacon, cooked and crumbled  
1/2 lb. ham, diced  
2-3 TBSP. butter (for cooking)  
Salt & pepper to taste