

**Misc.**

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# Quick Quesadilla

Dash Magazine

**Servings: 2**

**Preparation Time: 15 minutes**

**Start to Finish Time: 15 minutes**

**2 slices turkey bacon, chopped**

**3 green onions, thinly sliced**

**3 large eggs**

**salt to taste**

**pepper to taste**

**1/2 cup part-skim mozzarella**

**2 7- 1/2-inch tortillas**

**1/4 cup salsa**

**cooking spray**

Preheat oven to 400 degrees.

Cook bacon in a nonstick skillet on medium heat until just crisp, about 4 minutes. Add onions and cook 1 more minute. Set aside.

Beat eggs in a bowl, season with salt and pepper, and pour into skillet. Stir until set, 2 to 3 minutes. Remove from heat and add cheese; stir until melted.

Spoon onto a tortilla; layer with bacon, onions and salsa. Top with second tortilla. Wipe skillet; spray with cooking spray. Cookwuesadiila until golden, 3 minutes each side.

Slice into wedges; wrap in foil to eat on the go.

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Per Serving (excluding unknown items): 395 Calories; 15g Fat (35.4% calories from fat); 19g Protein; 45g Carbohydrate; 3g Dietary Fiber; 330mg Cholesterol; 778mg Sodium. Exchanges: 2 1/2 Grain(Starch); 1 1/2 Lean Meat; 1/2 Vegetable; 2 Fat.