

Breakfast Quesadillas

Breakfast time is great, but it's fun to mix it up a bit! These breakfast quesadillas are great for the whole family because you only put what you want in them! Load it up, or stick with eggs and cheese- the choice is yours!

Course Breakfast

Cuisine American

Servings

6 PEOPLE

Prep Time

20 MINUTES

Cook Time

5 MINUTES

Ingredients

- 12 Whole Grain Tortillas
- 1 lb King's Chicken Sausage
- 6-8 King's Eggs
- 1/4 cup Milk
- 1/2 cup Leek
- 1 Green Bell Pepper
- 1 small Tomato
- 1 cup Shredded Cheese
- Salt & Pepper to Taste
- olive oil

Instructions

1. Brown chicken sausage in skillet. Set aside on plate when done.

2. Meanwhile, start rinsing & chopping veggies to desired size.

3. Cook green peppers over medium high heat until no longer firm. Then add in the leek & tomato, cooking for an additional minute. Set aside on same plate as chicken.

4. Put eggs, milk, salt, & pepper in a bowl and whisk together. Cook egg mixture in the same skillet the veggies were in.

5. Lay tortillas flat on counter. Add a layer of cheese, a layer of desired toppings, another layer of cheese, then other tortilla. Just remember not to put the toppings on too thick, it makes cooking more difficult!

6. Place I same skillet and cook in 1 tablespoon of olive oil over medium high heat. Adding more oil as needed. Flip to cook both sides (You can also use a single tortilla for smaller portions- just fill half with toppings then fold it over).

7. Serve with salsa, sour cream, hot sauce, & enjoy!