



## Cheese & Bacon Breakfast Quesadilla



Entire recipe: 224 calories, 10g total fat (5g sat. fat), 790mg sodium, 16.5g carbs, 9.5g fiber, 0.5g sugars, 23.5g protein

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**Prep:** 5 minutes    **Cook:** 5 minutes



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### Ingredients

1/3 cup (about 3) egg whites or liquid egg substitute  
1/8 tsp. garlic powder  
1/4 cup shredded reduced-fat Mexican-blend cheese, divided  
1 low-carb flour tortilla with 70 calories or less (like [the kind by La Tortilla Factory](#))  
1 tbsp. precooked crumbled bacon

### Directions

Bring a medium skillet sprayed with nonstick spray to medium heat. Add egg whites/substitute and let coat the bottom of the skillet. Season with garlic powder. Cook for 2 minutes.

Top with 2 tbsp. cheese and the tortilla. Flip the tortilla-topped egg so that the tortilla is on the bottom. Cook until tortilla is lightly toasted and egg is cooked through, about 2 minutes.

Top one half with remaining 2 tbsp. cheese and the crumbled bacon. Fold the other tortilla half over the half with the bacon. Cook until cheese has melted and tortilla is toasted, about 1 minute.

MAKES 1 SERVING

**HG Tip:** Feel free to add veggies to your b-fast quesadilla!

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