West Virginia
Bureau of Senior Services

COOKING DEMONSTRATION

Breakfast Quesadilla

WHAT YOU NEED

Ingredients

1 Tortilla

1 egg

1 oz ham

1/8 cup shredded cheese

1 Tbsp onion, diced

1/4 cup tomato, diced

1 tsp lemon juice

Salt, to taste

Dried cilantro, pinch (optional)

Cooking spray

Materials

Cook top or hot plate

Small skillet

Spatula

Knife and cutting board

Measuring utensils

Small bowl

Breakfast Quesadilla

Serves: 1

Prep Time: 10 min
Cook Time: 5 min

Instructions:

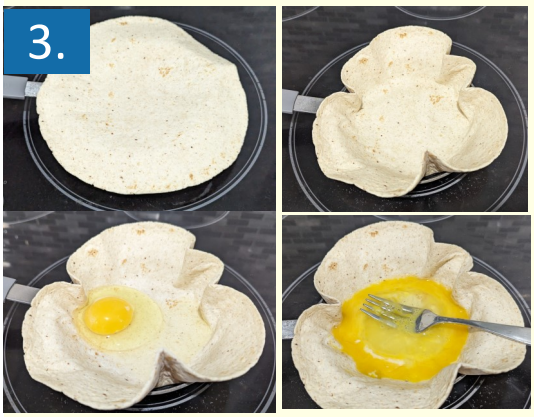
1.

Gather all ingredients and materials. Wash all produce. Measure out all ingredients.

2.

In a small bowl, add tomato, onion, lemon juice, salt and cilantro and stir. Sit aside.

3.



Turn stove on low heat and spray with cooking spray. Place tortilla on top and press down the edges to create a bowl. Add in egg as mix with a fork.

4.

Periodically stir eggs to make sure they cook completely. Add in ham and cheese.

5.

Then, fold over the edges like shown and carefully flip. Cook until the underside is golden brown.

6.

Serve with the tomato mixture and a side of fruit.

Nutrition Talking Points for the Instructor

- MyPlate is a great tool for understanding nutritional needs for all ages.
- There are five food groups on the MyPlate: grains, protein, vegetables, fruit, and dairy.
- This demonstration has all five components that are on the MyPlate:
- Grains—Tortilla
- Proteins—egg and ham
- Vegetables—tomatoes and onions
- Fruit—kiwi or other fruit of choice
- Dairy—cheese
- Eating a healthy breakfast starts your day in a positive way.
- Breakfast is the first source of energy for the day.
- It is important to make breakfast a healthy one—the body can only be as good as the foods we put in it.
- Older Americans are at a higher risk for malnutrition and fatigue when they skip breakfast.
- A healthy breakfast helps to regulate metabolism and appetite.
- Preparing a healthy quick breakfast ahead of time can be helpful.
- Easy and quick breakfasts are ideal for older Americans.
- When building a healthy breakfast:
- Start with the protein—like eggs, cottage cheese or Greek yogurt
- Add in healthy fats—nuts, seeds or avocados
- Thinks about fruits—vegetable for breakfast can be hard to incorporate so try to add in some fruit
- Carbohydrates to pick—try whole grains—like oatmeal or whole grain toast
- Drink of choice—often coffee is common but milk and water are great too