



## Keto quesadillas

5g Medium 10 + 15 m

Cook up this Mexican-inspired appetizer ASAP. Decadent. Cheesy. And officially keto! Easy to make, tasty, and pretty enough to make you look like a celebrity chef. Serve them up as is or decked-out with sour cream, guacamole, and salsa. Olé.

### Ingredients

servings

#### Low-carb tortillas

- 2 eggs
- 2 egg whites
- 6 oz. cream cheese
- 1½ teaspoons ground psyllium husk powder
- 1 tablespoon coconut flour
- ½ teaspoon salt

#### Filling

- 5 oz. shredded cheese
- 1 oz. leafy greens
- 1 tablespoon olive oil, for frying

### Instructions

#### Tortillas

- ① Preheat the oven to 400°F (200°C).
- ② Beat the eggs and egg whites together until fluffy. (2-3 minutes with a mixer should do the trick.) Add the cream cheese and continue to beat until the batter smooth.
- ③ Combine the salt, psyllium husk powder, and coconut flour in a small bowl and mix well. Add this flour mixture one spoonful at a time into the batter while beating. When combined, let the batter sit for a few minutes. It should be thick like pancake batter. Your brand of psyllium husk powder affects this step — be patient... If it does not thicken enough, add more powder next time.
- ④ Place parchment paper on two baking sheets. Pour three circles on each sheet, for a total of six tortillas. Use a spatula to spread the batter into thin, ¼ inch thick rounds. Each tortilla should be about 5" across.
- ⑤ Bake on the upper rack for about 5 minutes. The tortillas turn a little brown around the edges when done. Keep your eye on the oven—don't let these tasty creations burn on the bottom!

#### Quesadillas

- ① Place three tortillas on a large cutting board. Spoon half the grated cheese on the tortillas.
- ② Add a handful of leafy greens, sprinkle with remaining cheese, and top with another tortilla.
- ③ Heat a small, non-stick skillet. Add oil (or butter) if desired. Fry each quesadilla for about a minute on each side. You'll know it's done when the cheese melts.
- ④ Cut quesadillas into wedges and serve.

