

Keto quesadillas







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

Ingredients



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

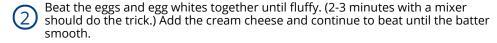
1 tablespoon olive oil, for frying

Instructions

Tortillas



Preheat the oven to 400°F (200°C).

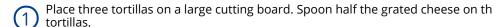


Combine the salt, psyllium husk powder, and coconut flour in a small bowl and mix well. Add this flour mixture one spoonful at a time into the batter while beating. When combined, let the batter sit for a few minutes. It should be thick like pancake batter. Your brand of psyllium husk powder affects this step — be patient... If it does not thicken enough, add more powder next time.

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.

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



Add a handful of leafy greens, sprinkle with remaining cheese, and top with another tortilla.

Heat a small, non-stick skillet. Add oil (or butter) if desired. Fry each quesadilla fc about a minute on each side. You'll know it's done when the cheese melts.

Cut quesadillas into wedges and serve.

