

Keto Quesadillas

(Saturday lunch)



Net carbs: 4 % (5 g)

Fiber: 3 g

Fat: 78 % (41 g)

Protein: 18 % (21 g)

kcal: 473

INGREDIENTS:

Low-carb tortillas

$\frac{2}{3}$ egg

$\frac{2}{3}$ egg white

2 oz. cream cheese

$\frac{1}{2}$ tsp ground psyllium husk powder

1 tsp coconut flour

1 tsp salt

FILLING:

1/oz. grated Mexican cheese

1/3 oz. leafy greens

1 tsp olive oil, for frying

DIRECTIONS:

1. Preheat the oven to 400°F (200°C).
2. Beat the eggs and egg whites together until fluffy. Add the cream cheese and continue to beat until the batter is smooth.
3. Combine the salt, psyllium husk powder and coconut flour in a small bowl and mix well. Add the flour mixture 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 some more.
4. Place parchment paper on a baking sheet. Use a spatula to spread the batter over the parchment paper into a big square (if you want round tortillas you can fry them in a frying pan like pancakes).
5. Bake on the upper rack for about 5–7 minutes. The tortilla turns a little brown around the edges when done. Keep your eye on the oven—don't let these tasty creations burn on the bottom.
6. Cut the big tortilla into smaller pieces (6 pieces per baking sheet).

QUESADILLAS:

1. Heat a small, non-stick skillet. Add oil (or butter) if desired. Put a tortilla in the frying pan and sprinkle with cheese, top with another tortilla. Fry each quesadilla for about a minute on each side.