

Chicken Quesadillas

Ingredients:

Non stick cooking spray
 1 cup skinless chicken, pre-cooked
 and shredded
 2 tablespoons chunky salsa
 1/4 onion, chopped
 1/4 cup green bell pepper, chopped
 1/2 cup Monterey Jack cheese,
 shredded
 4 whole wheat flour tortillas

Equipment:

Cutting board
 Knife
 Non stick skillet
 Spatula
 Bowl
 Grater

Number of Servings: 4
 Prep time: 10 minutes
 Total time: 10 minutes

Directions

1. Spray a non stick skillet with cooking spray and heat to medium.
2. Mix chicken, salsa, onion, and green pepper (optional).
3. Place 1/4 of the chicken mixture on the bottom half of a tortilla and top it with 1/4 of the cheese.
4. Fold tortilla in half, covering the filling.
5. Place folded tortillas in skillet. Brown on one side at medium heat for approximately 2-4 minutes. Turn tortilla over and brown other side for 1-2 minutes.
6. Cut each folded tortilla in 3 wedges and serve.

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Nutrition Facts

Serving Size: 1/2 cup chicken mixture on
 1 tortilla
 Servings: 4

Amount Per Serving	
Calories 265	Calories from Fat 45
	%Daily Value*
Total Fat 5g	%Daily Value*
Saturated Fat 2g	10%
Cholesterol 40mg	13%
Sodium 628mg	26%
Total Carbohydrate 25g	10%
Dietary Fiber 3g	10%
Protein 25g	50%
Vitamin A 4%	Vitamin C 42%
Iron 10%	Calcium 15%

*Percent Daily Values are based on a 2,000 calorie diet.

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