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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