

## 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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