

Eat Smart • Move More

Chicken Quesadillas

Prep Time: 10 minutes

Total Time: 20 minutes



Ingredients

- 1 cup boneless skinless chicken thighs, cooked and shredded
- 1/3 onion, chopped
- 1/4 bell pepper, chopped
- 2 tablespoons salsa
- Nonstick cooking spray
- 4 whole-wheat tortillas
- 1/2 cup reduced fat Monterey Jack cheese, shredded

Nutrition Facts

4 servings per container	
Serving size	1 serving (116.49g)
Amount per serving	
Calories	220
% Daily Value*	
Total Fat 11g	14%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 360mg	16%
Total Carbohydrate 18g	7%
Dietary Fiber 3g	11%
Total Sugars 1g	
Includes g of Added Sugars	
Protein 16g	
Vitamin D 0mcg	0%
Calcium 117mg	8%
Iron 0mg	2%
Potassium 156mg	4%

*The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

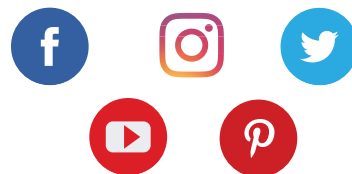
Directions

- In a mixing bowl, combine chicken, onion, bell pepper, and salsa.
- Spray a skillet with nonstick cooking spray and heat over medium heat until hot.
- Place 1/4 of the chicken mixture on half of each tortilla and top each with 1 tablespoon of the cheese. Fold tortillas in half, covering filling.
- Place tortillas in the heated pan and brown for approximately 2-4 minutes. Turn tortillas over and brown the other side.
- Cut folded tortilla into wedges and serve warm.

Quick Tips

- ▶ Serve with black beans and rice for a complete meal.
- ▶ Pico de gallo is a dip similar to salsa. It is made of fresh tomatoes, onion, cilantro, jalapeños, and lime juice. Add other veggies like corn or radishes to change the flavor.

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(Recipe adapted from: <https://www.tasteofhome.com/recipes/>.)

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