

CHICKEN QUESADILLAS

Makes 4 servings

Serving Size: 1 quesadilla



Ingredients

- 1 cup chopped, cooked chicken
- 2 tablespoons salsa
- 1/4 cup chopped white onion
- Non-stick vegetable cooking spray
- 1/4 cup canned chopped green chili peppers (optional)
- 1/2 cup Monterey Jack, Colby or other cheese, shredded
- 4 (10-inch) whole-wheat tortillas

Directions

1. Preheat electric skillet to 350° F.
2. Mix chicken, salsa, onions, and green chili peppers (optional).
3. Place 1/4 chicken mixture on half of a tortilla. Top with 1/4 cheese. Fold tortilla over mixture and seal edges.
4. Place in skillet sprayed with non-stick vegetable cooking spray.
5. Brown on one side at medium heat for approximately 3–4 minutes.
6. Turn tortilla over and brown other side.
7. Cut each folded tortilla into 3 wedges.

Nutrition information Per Serving

240 calories		Total Carbohydrate	24 g
Total Fat	8 g	Dietary Fiber	2 g
Saturated Fat	2.5 g	Sodium	360 mg
Protein	18 g		

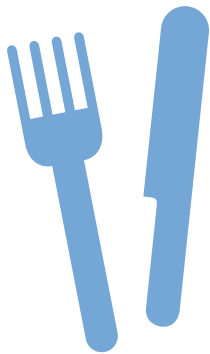


Excellent Source of Calcium



Good Source of Vitamin C

Analyzed using Fresh-Made Salsa.



Eat Smart



NC STATE
EXTENSION

Community & Clinical
CONNECTIONS
for Prevention & Health
Branch
NORTH CAROLINA
DIVISION OF PUBLIC HEALTH

