

Chicken Quesadilla

Ingredients:

1 cup chopped, cooked chicken
2 tablespoons salsa
¼ cup chopped onion
Non-stick cooking spray
¼ cup canned chopped green chili peppers (optional)
¼ cup cheddar cheese, shredded
4 whole-wheat tortillas (10-inch)

Directions:

Preheat skillet over medium-heat. Sauté onions until tender. Mix chicken, salsa, onions, and green chili peppers (if using). Place ¼ chicken mixture on half of a tortilla. Top with ¼ cheese; fold tortilla over mixture and seal edges. Spray skillet with non-stick cooking spray and place quesadilla in pan. Brown on side on medium heat for approximately 3-4 minutes. Turn tortilla over and brown other side. Cut each folded tortilla into halves and serve.

Nutrition:

240 Calories, 8 gram of Total Fat, 2.5 grams of Saturated Fat, 18 grams of Protein, 24 grams of Total Carbohydrate, 2 grams of Dietary Fiber, 360 milligrams of Sodium

