



Chicken Quesadillas

Ingredients

- 1 cup boneless skinless chicken thighs, cooked and shredded
- ¼ cup bell pepper, chopped
- ¼ cup onion, chopped
- 2 tablespoons salsa
- 4 whole-wheat tortillas
- ½ cup reduced-fat Monterey Jack cheese, shredded

Directions

1. In a medium bowl, mix chicken, bell pepper, onion, and salsa together.
2. Place a skillet on the stove at medium heat until hot (cooking spray optional).
3. Place a quarter of the chicken mixture on half of each tortilla and top each with 1 tablespoon of the cheese.
4. Fold tortillas in half, covering filling.
5. Place tortillas in heated pan and brown for approximately 2-4 minutes. Turn tortillas over and brown other side.
6. Cut each folded tortilla into 3 wedges. Serve immediately.

Nutrition Facts

Serving Size 1 serving (116.49g)
Servings Per Container 4

Amount Per Serving

Calories 220 **Calories from Fat** 100

% Daily Value*

Total Fat 11g **17%**

Saturated Fat 4.5g **23%**

Trans Fat 0g

Cholesterol 55mg **18%**

Sodium 360mg **15%**

Total Carbohydrate 18g **6%**

Dietary Fiber 3g **12%**

Sugars <1g

Protein 16g

Vitamin A 4% • Vitamin C 15%

Calcium 10% • Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet.