Chicken Quesadillas

Ingredients:
- Non stick cooking spray
- 2 boneless, skinless chicken breasts
- 1/2 onion
- 2 tablespoons salsa
- 1/4 cup green chili pepper, optional
- 4 ounces low-fat cheddar cheese
- 4 whole wheat flour tortillas

Equipment:
- Cutting board
- Knife
- Non stick skillet
- Spatula
- Bowl
- Grater

Directions
1. Spray a non stick skillet with cooking spray and heat to medium.
2. While pan is heating, cut chicken breasts into bite size pieces, cook on medium in skillet until no longer pink. Be sure to wash hands, knife and cutting board after handling chicken.
3. While chicken is cooking, chop the onion and then add to skillet. If desired, chop up a small chili pepper to add to skillet.
4. Shred cheese using a grater. Set aside.
5. When chicken is done and vegetables are tender, divide chicken mixture into four equal portions on top of each tortilla. Top with 1/4 cheese, fold over tortilla and seal edges using water.
6. Place folded tortillas in skillet sprayed with non-stick cooking spray. Brown on one side at medium heat for approximately 3-4 minutes. Turn tortilla over and brown other side for one to two minutes.
7. Cut each folded tortilla in three wedges and serve.

Nutrition Facts

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