

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

Number of Servings: 4
 Prep time: 10 minutes
 Total time: 10 minutes

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.

For more recipes, please visit:
www.fcs.ext.vt.edu/recipes



Friend us on Facebook and
 follow us on Twitter

www.facebook.com/vafnp
www.twitter.com/vafnp

Nutrition Facts

Serving Size: 1/2 cup chicken mixture on
 1 tortilla

Servings: 4

Amount Per Serving

Calories 265 Calories from Fat 45

%Daily Value*

Total Fat 5g %Daily Value*

Saturated Fat 2g 10%

Cholesterol 40mg 13%

Sodium 628mg 26%

Total Carbohydrate 25g 10%

Dietary Fiber 3g 10%

Protein 25g 50%

Vitamin A 4% Vitamin C 42%

Iron 10% Calcium 15%

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

The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer. This material is partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county or city Department of Social Services or to locate your county office call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services. This