

CHICKEN QUESADILLAS

Makes 4 servings

Serving Size: 1 quesadilla

Ingredients

- 1 cup chopped, cooked chicken
- 2 tablespoons chunky salsa
- 1/4 cup chopped white onion
- Non-stick cooking spray
- 1/4 cup canned chopped green chili peppers (optional)
- 1/2 cup Monterey Jack/Colby Cheese, shredded (other cheeses are acceptable)
- 4 flour tortillas (10")

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 over mixture and seal edges.
4. Place in skillet sprayed with non-stick 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

250 calories

Total Fat 10 g

Saturated Fat 4.5 g

Protein 16 g

Total Carbohydrate 23 g

Dietary Fiber <1 g

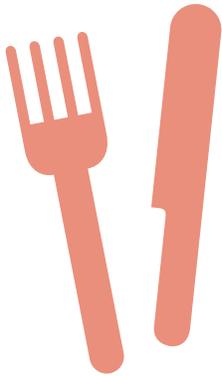
Sodium 480 mg



Excellent Source of Calcium



Good Source of Iron



Eat Smart

CHILD'S PLAY

Take part in your children's activities.

You can throw a Frisbee or a baseball, or play one-on-one basketball. Whatever they choose to do—join in! What day this week will you join your children in active play?



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