

Cheesy Chicken Veggie Quesadilla

INGREDIENTS

TIME: 15-20 MINS

SERVINGS: 1

- 1 whole-grain tortilla
- 1/2 can (about 6 oz) canned chicken breast, drained and shredded
- 1/4 cup low-fat shredded cheese (cheddar, Monterey Jack, or a Mexican blend work well)
- 1/4 cup finely chopped vegetables (e.g., bell peppers, spinach, and tomatoes)
- 2 tablespoons salsa (optional, for dipping)
- Cooking spray or a small amount of olive oil for cooking
- low fat Greek yogurt as a sour cream substitute. optional, for dipping.



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PROCEDURE

1. In a bowl, combine the drained and shredded canned chicken, shredded cheese, and finely chopped vegetables. This will be the filling for your quesadilla.
2. Lay the whole-grain tortilla flat on a clean surface. Spread the filling mixture evenly over half of the tortilla, leaving some space around the edges.
3. Carefully fold the tortilla in half, covering the filling.
4. Heat a non-stick skillet or a regular skillet over medium heat. Lightly grease the skillet with cooking spray or a small amount of olive oil.
5. Place the quesadilla in the skillet and cook for about 2-3 minutes on each side, or until it's golden brown and the cheese inside has melted.
6. Remove the quesadilla from the skillet and let it cool for a minute.
7. Slice it in half and serve with low-fat Greek yogurt as a sour cream substitute and/or salsa for dipping, if desired.



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