

Chicken Quesadilla

Nutrition Facts:	
Yield	4
Calories	285
Fat	12 g
Sodium	325 mg

Code
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Ingredients Needed:

1 lb. skinless chicken breast, fat trimmed
Cumin and oregano
Garlic powder
Cooking spray
½ small onion, cut in strips
1 bell pepper, cut in strips
1 clove garlic, minced
1 Tbsp. oil
1 cup Mexican blend shredded cheese
1 cup avocado-mango salsa
8 whole-wheat flour tortillas

Recipe Directions:

- Slice chicken breasts in half so you have 4 cutlets. Season chicken with salt, pepper, cumin, oregano, and garlic powder.
- Lightly spray a skillet with cooking spray and place on medium heat. Grill chicken until cooked on both sides. Remove from heat and cut chicken into strips, set aside.
- Add 1 Tbsp. oil and cook peppers on onions on skillet over medium heat. When cooked, set aside.
- Heat skillet on medium heat and lightly spray with oil. Add tortilla, top with cheese, chicken, onions, peppers, and avocado-mango salsa. Top with the other tortilla. Cheese should be melted and the bottom of the tortilla golden brown. Flip and cook another minute or two on the other side.
- Cut into wedges and serve!



