

Chicken Quesadilla

Try adding other vegetables you may like, or use beef or pork instead of chicken.

<u>U.S.</u>		<u>Metric</u>
2 tsp	Olive Oil	10 mL
1 each	Green Bell Pepper, diced small	1 each
1/2 each	Onion, diced small	1/2 each
2 cloves	Garlic, minced	2 cloves
2 tsp	Cumin, ground	3 g
1/2 tsp	Salt, Kosher	3 g
to taste	Black Pepper, ground	to taste
1 lb	Chicken Breast, diced small	454 g
2 Tbsp	Cilantro, fresh, chopped	7.2 g
12 each	Corn Tortillas, 6" diameter	12 each
1/3 cup	Cheddar Cheese, low-fat, shredded	42 g

Preparation:

1. Gather all ingredients and equipment.
2. Preheat oven to 400°F (200°C).
3. Toss peppers, onions, and garlic with salt, pepper and cumin in a bowl.
4. Heat a pan over medium heat. Add oil. Once hot, add chicken and cook through.
5. Next, add vegetable mixture and cook until vegetables are soft, about 4 minutes, stirring often.
6. Next, stir in cilantro and cool slightly.
7. Lay corn tortillas on flat surface, then top with ½ cup of mixture.
8. Sprinkle top of mixture with 1 tablespoon of cheese, then top with another corn tortilla and press gently.
9. Place in a single layer on a parchment-lined sheet tray. Bake in oven until cheese is melted and outside is crisp. Serve warm.

Nutrition Facts

Serving size	1 quesadilla
Servings	6
Calories	280
Calories from Fat	90
Total Fat	10 g
Saturated Fat	4 g
Trans Fat	0 g
Monounsaturated Fat	1.5 g
Cholesterol	60 mg
Sodium	520 mg
Carbohydrates	23 g
Dietary Fiber	2 g
Sugars	1 g
Protein	25 g
Vitamin A	4 %
Calcium	25 %
Vitamin C	0 %
Iron	4 %
Phosphorus	167 mg