



Chicken Quesadillas

Ingredients:

- 1 large, boneless, skinless chicken breast or 2-3 chicken tenders
- 1/3 cup shredded cheddar cheese
- 1/3 cup salsa
- 2 small whole wheat tortillas

If the chicken is not already cooked, bring a medium saucepan of water to a boil. Add the chicken and simmer over medium-low heat for 10 minutes. Drain the chicken, cool slightly and shred into small pieces. Alternatively, you can grill 2-3 chicken tenders in a sauté pan or stove top grill. Shred into small pieces. Combine the chicken, cheese and salsa in a medium bowl.

Lay a tortilla on a clean surface and spoon in one half of the filling. Fold over and press closed. *Ask an adult to help you turn on the stove to medium heat.* Place the quesadilla in a frying pan or on a stove top grill and cook until golden brown on the bottom. Flip over and cook the second side. Repeat with remaining tortilla and filling. Serves 2.

Serve with sautéed garden vegetables such as zucchini, green beans, carrots or kale.

Skills: cooking & shredding chicken, working with a hot stove

Equipment: mixing bowl, stove top grill or large frying pan

Nutrition Facts		
Serving Size 1/2 of recipe 159g (159 g)		
Amount Per Serving		
Calories 351	Calories from Fat 172	
% Daily Value*		
Total Fat 19g	30%	
Saturated Fat 6g	31%	
Trans Fat		
Cholesterol 48mg	16%	
Sodium 928mg	39%	
Total Carbohydrate 25g	8%	
Dietary Fiber 9g	38%	
Sugars 2g		
Protein 19g		
Vitamin A	6% • Vitamin C	2%
Calcium	16% • Iron	6%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>		
© www.NutritionData.com		