

Enjoy!

COLORFUL CHICKEN QUESADILLAS

MATERIALS

Large skillet or griddle
Spatula
Cutting board
Knife
Small bowl
Mixing spoon

YIELD

Eight (1 tortilla folded over with filling or half of a 2-tortilla quesadilla with filling in the middle)

INGREDIENTS

8 ounces fat-free cream cheese
1/4 teaspoon garlic powder
8 small corn tortillas
1 cup chopped sweet red or green bell peppers
2 cups shredded chicken
1 cup shredded low-fat cheese
2 cups fresh spinach leaves or 9 ounces frozen spinach, thawed and squeezed dry

DISH: **MAIN**

FOOD GROUP(S):
PROTEIN, GRAIN, VEGETABLE



NUTRITION FACTS PER SERVING

Calories: 190, Total fat: 4g, Sodium: 350mg, Cholesterol: 35mg,
Total carbohydrates: 8g, Fiber: 1g, Protein: 20g

DIRECTIONS

1. In a small bowl, mix cream cheese and garlic powder. Spread about 2 tablespoons of the mixture on each tortilla.
2. Sprinkle one half of each tortilla with about 2 tablespoons of bell peppers, 2 ounces of chicken, 2 tablespoons cheese, and 1/4 cup spinach leaves or 2 tablespoons frozen spinach. Fold the tortillas in half.
3. Heat a large skillet over medium heat. Put two folded tortillas in the skillet and heat for 1 to 2 minutes per side, until golden brown.
4. Remove the quesadillas from the skillet, place on a platter, and cover with foil to keep them warm while cooking the rest.
5. Cut each quesadilla into four wedges.
6. Serve warm.

CHEF'S NOTES

- ▷ This recipe is a great “planned-over” use for cooked chicken. When preparing chicken for a meal, make extra to keep in the refrigerator and use within the week.
- ▷ In a pinch, canned chicken also works well. But, be careful of the sodium content in canned meats.
- ▷ Keep in mind that cream cheese is a condiment, not a dairy food. As such, it should be used sparingly.
- ▷ Sometimes corn tortillas do not fold well. You can modify this recipe to make your quesadillas with a tortilla on top and bottom with the filling in the middle. Just remember that half the quesadilla is a serving.
- ▷ White corn tortillas look more like flour tortillas and can be acceptable for picky eaters. Or, try a corn-and-flour blend tortilla for whole-grain goodness. MyPlate recommends making at least half of your grains whole grains.
- ▷ Leftover filling? Toss it in a bowl with extra spinach and salad greens for a delicious salad. Increasing your vegetable intake is a good thing!

Recipe selected from the *2013 Dinner Tonight Cookbook*. For more recipes like this one, visit <http://dinnertonight.tamu.edu/>

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