

CHICKEN

QUESADILLAS



Ingredients

- 4 boneless, skinless chicken breasts, each 4 ounces
- 1 cup chopped onions
- 1/2 cup smoky or hot salsa
- 1 cup chopped fresh tomatoes
- 1 cup chopped fresh cilantro
- 6 whole-wheat tortillas, each 8 inches in diameter
- 1 cup shredded reduced-fat cheddar cheese

Directions

Heat oven to 425 F. Lightly coat a baking sheet with cooking spray.

Cut each chicken breast into cubes. In a large, nonstick frying pan, add the chicken and onions and saute until the onions are tender and the chicken is thoroughly cooked, about 5 to 7 minutes. Remove from heat. Stir in the salsa, tomatoes and cilantro.

To assemble, lay a tortilla flat and rub the outside edge with water. Spread about 1/2 cup of the chicken mixture onto the tortilla, leaving about 1/2 inch free around the outer rim. Sprinkle with a spoonful of shredded cheese. Fold tortilla in half and seal. Place on a cookie sheet. Repeat with the remaining tortillas.

Lightly coat the top of the tortillas with cooking spray. Bake until the quesadillas are lightly browned and crispy, about 5 to 7 minutes. Cut in half and serve immediately.

WAC FUN FOOD FACT

Try substituting beans for the chicken to create a quick, healthy “Meatless Monday” option!



Recipe of the Month |

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