

Quick Chicken Quesadillas

Servings: 6

Ingredients:

- 1 can (12.5 oz.) *chicken meat*
- 1 can (4 oz.) *green chilies*
- 6 (7-inch) tortillas
- 1½ c. shredded *cheddar cheese*
- 1 can (2.25 oz.) *black olives, sliced*

Directions:

1. In a large bowl mix the chicken, green chilies, cheese and olives.
2. Lightly spray two medium/large frying pans with cooking spray. Over medium heat lay two tortillas in each pan (so that each will fold over into a half-moon shape).
3. Add about ½ cup chicken mixture to each tortilla. Cook until starting to brown (~ 5-minutes) then turn over to finish cooking.
4. Repeat with remaining tortillas. Serve immediately with optional condiments if desired.

Optional add-ons: (not included in Nutrition data)

- Light sour cream
- Fresh Salsa
- Guacamole

Nutrition: (Serving size: one quesadilla)

calories: 357 protein: 24.6g total carbohydrate: 26.2g total fat: 17.3g
sugars: 1.8g sodium: 790mg dietary fiber: 1.4g saturated fat: 7.6g