

QUICK QUESADILLA

From the University of Illinois Extension

<http://wellnessways.aces.illinois.edu/viewarecipe.cfm>

Ingredients

- 2 tortillas, 6-inch
- 2 Tbsp. reduced fat cheddar cheese, shredded
- ¼ cup cooked chicken breast, chopped (optional)

Instructions

1. Place tortilla on microwave safe plate.
2. Sprinkle with cheese.
3. If using chicken, place chicken on top of cheese.
4. Place second tortilla on top.
5. Microwave for 20 seconds on high or spray outside tortillas with squirt of margarine and brown in skillet on stovetop.
6. Serve with salsa.

Makes one serving.

Nutrition information per serving (1 serving)

- Calories: 280
- Fat: 10g
- Calories from fat: 90
- Sodium: 590mg
- Total carbohydrate: 27g
- Dietary fiber: 0g

