

Chicken Quesadillas

Prep time: 30 minutes

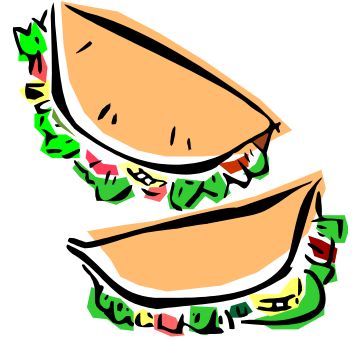
Cook time: 25 minutes

Ready in: 55 minutes

Serving Size: 20 servings

Ingredients:

- 1 pound skinless, boneless chicken breast, diced
- 1 tbsp. vegetable oil
- 2 green bell peppers, chopped
- 2 red bell peppers, chopped
- 1 onion, chopped
- 10-10 inch corn tortillas
- 8 oz. shredded cheddar cheese



Directions:

1. Preheat the oven to broil; grease baking sheet.
2. Spread the chicken on the baking sheet and put in the oven (on broil) to cook until the chicken pieces are no longer pink in the center (about 5 minutes).
3. Preheat the oven to 350°F.
4. Heat the oil in a large saucepan over medium heat. Stir in the green bell peppers, red bell peppers, onion and chicken. Cook and stir until the vegetables have softened; about 10 minutes.
5. Layer half of each tortilla with the chicken and vegetable mix, then sprinkle with the cheddar cheese.
6. Fold the tortillas in half and place on a baking sheet. Bake quesadillas in the preheated oven until the cheeses have melted; about 10 minutes.
7. Slice into wedges and serve warm.

****Tip:** Peppers are fruits, not vegetables. They have naturally occurring phytochemicals that provide antioxidant abilities. They are also one of the richest sources of vitamin A and C.

Nutrition Facts (per serving):

Calories: 74

Carbohydrate: 6g

Fat: 29g

Fiber: 1g

Cholesterol: 19mg

Sugar: 1g

Sodium: 78mg

Protein: 7g

Attributed to allrecipes.com. Modified by Emily Madden, 2013 Dietetic Student

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