

## Chicken Quesadillas

8-6" flour tortillas

8 oz chicken breast, cooked and shredded

1 cup cheddar cheese, shredded

1 cup vegetables of choice (broccoli, red pepper, green pepper, onion, mushrooms)

Spray a nonstick pan with cooking spray. Place one flour tortilla in pan and heat on medium. Add  $\frac{1}{4}$  of the chicken, vegetables and cheese. Press a second tortilla on top. Spray the top tortilla with pan spray. Cook 2-3 minutes or until the bottom tortilla begins to brown and the cheese begins to melt. Carefully, flip the quesadilla and cook the other side for 2-3 minutes, or until the cheese has melted completely and the other side has browned. Repeat with remaining ingredients. Cut into wedges. Serve with fat free sour cream and salsa if desired. Makes 8 small servings.

Nutrition Information Per Serving: 195 Calories; 15 grams Protein; 8 grams Fat; 16 grams Carbohydrate; 400 mg Sodium.