



CHICKEN & CHEESE QUESADILLAS

Ingredients (4 Servings)

- 4 large soft tortillas (whole grain)
- 2 chicken breasts, diced
- 3 cups chopped vegetables (such as peppers, mushrooms and/or green onions)
- 1 cup shredded skim milk mozzarella cheese
- 4 tbsp sliced olives or sun dried tomatoes (optional)
- Salsa
- Light sour cream or plain yogurt (optional)

Ingredients (12 Servings)

- 12 large soft tortillas (whole grain)
- 6 chicken breasts, diced
- 9 cups chopped vegetables (such as peppers, mushrooms and/or green onions)
- 3 cups shredded skim milk mozzarella cheese
- 3/4 cup sliced olives or sun dried tomatoes (optional)
- Salsa
- Light sour cream or plain yogurt (optional)

Directions

- Heat a non-stick frying pan over medium heat. Grill chicken and vegetables. Set aside.
- Place tortilla on a flat surface. On 1/2 the tortilla, layer 2 tbsp of cheese, 1/2 chicken breast, 3/4 cup chopped vegetables, olives or tomatoes (if using) and top with another 2 tbsp of cheese. Fold tortilla in half to enclose the fillings.
- Place in frying pan and cook until lightly browned, flip and cook second side.
- Remove from frying pan and cut into 4 wedges.

Offer with salsa and light sour cream or yogurt on the side.