

Southwest Quesadillas

PREP TIME: 15 MIN

COOKING TIME: 25 MIN

SERVES: 6



Ingredients

- 6 large tortillas
- 2 ¼ cup precooked chicken, thawed
- 1 ½ cup easy melt cheese, cut into small slices
- 1 can pinto beans, drained and rinsed
- ¾ cup canned diced tomatoes, drained
- 2-3 tbsp butter or oil
- Optional ingredients: pinch of salt and pepper, cilantro, sliced jalapeños.

Directions

1. In a medium bowl, combine chicken, beans, tomatoes, and any optional ingredients.
2. Lay a tortilla flat. Lay about ¼ cup of cheese over half the tortilla. Spoon about ⅓ cup of the chicken mixture on top of the cheese. Top with another 1 tbsp of cheese. Fold the tortilla over into a half moon shape. Repeat with each tortilla.
3. Heat a skillet or griddle over medium heat. Add a bit of butter/oil. Place one tortilla on the pan. Cook for 2 min. Flip and cook another 2 min until golden and cheese is melted. Repeat with each tortilla.
4. Serve with sour cream if desired. Enjoy!

Nutrition Info

1 Serving

370 calories

30 grams carb

24 grams protei