

recci



Chicken quesadillas with red and green salsa

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ingredients

For salsa:

- 4 medium tomatoes, rinsed and diced (about 2 C)
- ½ C red onion, diced
- 1 medium jalapeno chili pepper, rinsed and split lengthwise—remove seeds and white membrane, and mince (about 2 Tbsp); for less spice, use a green bell pepper
- 2 Tbsp lime juice (or about 4 limes)
- 2 Tbsp fresh cilantro, rinsed, dried, and chopped (or substitute 2 tsp dried coriander)
- 1 tsp ground cumin

For quesadillas:

- 12 oz boneless, skinless chicken breast, cut into thin strips
- 4 (10-inch) whole-wheat tortillas
- ¼ tsp salt
- ½ tsp chili sauce
- 2 oz pepper jack cheese, shredded (about ½ C)
- 1 Tbsp pine nuts, toasted (optional)
- Cooking spray

Cut along the dotted line to detach and take the ingredients list to the market or grocery store

Serves 4

preparation

- 1 Preheat oven broiler on high temperature, with the rack 3 inches from heat source.
- 2 For salsa, combine all ingredients and toss well. Chill in refrigerator for at least 15 minutes. (Salsa can be made up to 1 day in advance and refrigerated.)
- 3 Cut chicken into thin strips, and place them on a baking sheet coated with cooking spray. Broil for 8–10 minutes.
- 4 To assemble the quesadillas, place four whole-wheat tortillas on the countertop or table. Top each with one-quarter of the sliced cooked chicken, salt, chili sauce, cheese and pine nuts (optional).
- 5 Fold tortillas in half to close, and carefully transfer each to a baking sheet lined with parchment or wax paper.
- 6 Bake quesadillas at 350° F for 5–10 minutes or until the cheese is melted.
- 7 Serve one quesadilla with ½ cup salsa on the side.

Prep time
30 minutes

Cook time
10 minutes

Serving size
1 quesadilla,
½ C salsa

Calories	339
Total fat	11 g
Saturated fat	3 g
Cholesterol	62 mg
Sodium	453 mg
Total fiber	4 g
Protein	26 g
Carbohydrates	32 g
Potassium	454 mg