

PESTO CHICKEN QUESADILLA

NUTRITION FACTS

Serving Size: 1 quesadilla (recipe makes 2 servings)

Calories: 540 | Carbohydrates: 22g | Protein: 50g | Total Fat: 27g | Saturated Fat: 11g | Sodium: 644mg | Fiber: 5g

INGREDIENTS

- 2 Whole wheat tortilla (large)
- 3 oz Mozzarella cheese (shredded)
- 8 oz Chicken breast (cooked, shredded)
- 1/4 cup Pesto
- 1 cup Kale leaves (thinly sliced)

DIRECTIONS

1. Heat a large nonstick skillet over medium heat. Add one tortilla to the skillet and top with half of the shredded cheese, leaving a small border around the edges. Cover with a lid and let it cook for one to two minutes until the cheese is melted.
2. Add half of the shredded chicken breast to one side of the tortilla and top with half of both the pesto and kale leaves. Fold the tortilla over (semi-circle) and gently press down.
3. Cook for two to three minutes per side, or until browned and crispy. Let the quesadilla cool slightly and then cut into wedges. Repeat for second tortilla and enjoy!

NOTES

Leftovers: This is best enjoyed right after cooking, but can be refrigerated for up to three days.

Gluten-Free: Use brown rice tortilla instead of whole wheat tortilla.

Dairy-Free: Use dairy-free cheese instead of mozzarella cheese.

More Flavor: Season the chicken with chili powder, smoked paprika, and/or salt.

Additional Toppings: Serve with sour cream, Greek yogurt, salsa, or guacamole.

Sodium: This is not a low sodium food. To decrease sodium content, use low sodium pesto and/or cheese.





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