
Santa Fe Chicken Quesadillas

The Essential Southern Living Cookboo

Preparation Time: 10 minutes

Start to Finish Time: 20 minutes

1 1/4 cups no-salt-added salsa, divided

1 cup chopped cooked chicken breast (skinned before cooking and cooked without salt)

2 tablespoons fresh cilantro, chopped

1 teaspoon ground cumin

1 can (4 ounce) chopped green chilies, drained

6 seven-inch tortillas

4 ounces (1 cup) reduced-fat cheddar cheese, shredded

In a bowl, combine 1/2 cup of salsa, the chicken, cilantro, cumin and green chilies. Spoon the mixture evenly onto half of each tortilla. Sprinkle with cheese.

Coat a nonstick skillet with cooking spray. Heat over medium-high heat until hot. Add one tortilla; cook for 1 minute. Fold the unfilled tortilla half over the filling. Cook for 30 seconds. Turn the tortilla over. Cook for 30 seconds. Repeat with the remaining tortillas.

Cut each tortilla into four wedges. Top with the remaining salsa.

Yield: 2 dozen

Sandwiches

Per Serving (excluding unknown items): 1643 Calories; 36g Fat (20.1% calories from fat); 81g Protein; 241g Carbohydrate; 14g Dietary Fiber; 119mg Cholesterol; 2173mg Sodium. Exchanges: 16 Grain(Starch); 6 Lean Meat; 6 Fat.