

## Chicken

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# Spicy Turkey Sausage and Onion Quesadillas

Palm Beach Post

**Servings: 4**

**Start to Finish Time: 25 minutes**

**1 can (16 oz) refried beans**  
**2 chipotle chiles in adobo sauce, finely chopped**  
**1 teaspoon adobo sauce (to taste)**  
**8 large flour tortillas**  
**1 tablespoon olive oil**  
**1 large yellow onion, thinly sliced**  
**2 green bell peppers, cored and thinly sliced**  
**1 cup white button mushrooms, sliced**  
**3 cloves garlic, minced**  
**4 spicy Italian turkey or chicken sausages, cut into thin rounds**  
**2 cups pepper jack cheese, shredded and divided**  
**1/4 cup black olives, sliced**

Preheat oven to 350 degrees.

In a small bowl, mix together the refried beans, chiles and the adobo sauce. Spread 1/4 of the mixture over one side of four of the tortillas; arrange the tortillas on two baking sheets.

In a large skillet over medium-high, heat the olive oil. Add the onions, peppers, mushrooms and garlic. Saute' until the onion and peppers just soften, about 4 minutes. Add the sausage and saute' for another 4 to 5 minutes, or until the sausage begins to brown.

Spoon a quarter of the sausage and vegetable mixture over the refried beans on each tortilla.

Divide 1 1/2 cups of the cheese between the quesadillas, then top each with a quarter of the olives.

Gently press a second tortilla over the top of each.

Bake quesadillas for 15 minutes.

Sprinkle a bit of the remaining cheese over each quesadilla. Bake for an additional 5 minutes.

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Per Serving (excluding unknown items): 605 Calories; 15g Fat (22.8% calories from fat); 18g Protein; 99g Carbohydrate; 10g Dietary Fiber; 0mg Cholesterol; 1033mg Sodium. Exchanges: 6 Grain(Starch); 1 1/2 Vegetable; 0 Fruit; 3 Fat.