

Chicken Quesadillas



This is a simple recipe, perfect for busy weeknight dinners or grab-and-go lunches. Quesadillas are high in protein and fibre, and they're a great way to use up leftover vegetables in no time. This is exactly the kind of meal our dietitians love! Serve with our [homemade salsa](#) and sour cream for an extra tasty meal.

Preparation 15 min

Cooking 15 min

Servings 8

Nutrition Facts (per serving)

Calories 450

Fat 16

Carbohydrates 43

Fibre 9

Protein 33

Sodium 800

Ingredients

- 10 ml (2 tsp) olive oil
- 2 boneless chicken breasts (about 450 g / 1 lb), cut into strips

- 2 ml (½ tsp) chili powder
- 2 ml (½ tsp) garlic powder
- 1 ml (¼ tsp) smoked paprika
- Pepper and salt, to taste
- 1 yellow onion, chopped
- 2 colored bell peppers, sliced
- 5 to 6 mushrooms, sliced
- 250 ml (1 cup) canned red or black beans, rinsed and drained
- 125 ml (½ cup) salsa
- 500 ml (2 cups) shredded light cheese of choice (cheddar, mozzarella, etc.)
- 8 medium whole wheat tortillas

Toppings

- 5% M.F. sour cream
- [Homemade salsa](#), or store-bought

Preparation

1. In a large non-stick skillet, heat the oil over medium heat. Cook the chicken strips with chili powder, smoked paprika, garlic powder, salt, and pepper for about 5 minutes.
2. Add the onion, peppers, and mushrooms. Cook for 7 to 8 minutes, or until the vegetables are tender, and the chicken is fully cooked, reaching an internal temperature of 165 °F (74 °C). Stir in the beans and salsa, then remove from heat.
3. Lay the tortillas on a work surface and top one half of each tortilla with about 60 ml (¼ cup) of cheese. . Fold the tortillas in half and press gently.

4. In a large non-stick skillet, brown 2 quesadillas at a time in a bit of cooking spray over low heat, about 2 minutes per side.
5. Serve hot with salsa and sour cream.

Notes

Keeps for 3 days in the refrigerator or 3 months in the freezer.

Reheat in a skillet to restore crispiness!



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