

Chicken Verde Quesadillas

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Servings: 4

2 tablespoons olive oil, divided
1 large sweet onion, halved and thinly sliced
1 1/2 cups (7-1/2 ounces) frozen corn
1 small zucchini, chopped
1 poblano pepper, thinly sliced
2 cups frozen grilled chicken breast strips, thawed and chopped
3/4 cup green enchilada sauce
1/4 cup fresh cilantro, minced
1/4 teaspoon salt
1/8 teaspoon pepper
8 ten-inch flour tortillas
4 cups Monterey Jack cheese, shredded
pico de gallo (optional)
sour cream (optional)

Preheat the oven to 400 degrees.

In a large skillet, heat one tablespoon of oil over medium-high heat. Add the onion, corn, zucchini and poblano pepper. Cook and stir for 8 to 10 minutes or until the onion is tender. Add the chicken, enchilada sauce, cilantro, salt and pepper. Heat through.

Brush the remaining oil over one side of each tortilla. Place half of the tortillas on two baking sheets, oiled side down. Sprinkle each with one-half cup of cheese. Top with one cup of the chicken mixture, the remaining cheese and the remaining tortillas, oiled side up.

Bake until golden brown and the cheese is melted, 7 to 9 minutes.

If desired, serve with pico de gallo and sour cream.

Start to Finish Time: 30 minutes

Per Serving (excluding unknown items): 1033 Calories; 54g Fat (46.5% calories from fat); 43g Protein; 96g Carbohydrate; 7g Dietary Fiber; 107mg Cholesterol; 1498mg Sodium. Exchanges: 6 Grain(Starch); 4 Lean Meat; 1 1/2 Vegetable; 8 1/2 Fat.

Chicken, Mexican

Per Serving Nutritional Analysis

Calories (kcal):	1033	Vitamin B6 (mg):	.3mg
% Calories from Fat:	46.5%	Vitamin B12 (mcg):	1.0mcg

% Calories from Carbohydrates: 36.9%
% Calories from Protein: 16.6%
Total Fat (g): 54g
Saturated Fat (g): 26g
Monounsaturated Fat (g): 21g
Polyunsaturated Fat (g): 3g
Cholesterol (mg): 107mg
Carbohydrate (g): 96g
Dietary Fiber (g): 7g
Protein (g): 43g
Sodium (mg): 1498mg
Potassium (mg): 694mg
Calcium (mg): 1056mg
Iron (mg): 6mg
Zinc (mg): 5mg
Vitamin C (mg): 62mg
Vitamin A (i.u.): 2270IU
Vitamin A (r.e.): 441 1/2RE

Thiamin B1 (mg): .9mg
Riboflavin B2 (mg): .9mg
Folacin (mcg): 234mcg
Niacin (mg): 7mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: 0.0%

Food Exchanges

Grain (Starch): 6
Lean Meat: 4
Vegetable: 1 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 8 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 1033 **Calories from Fat:** 480

% Daily Values*

Total Fat	54g	82%
	Saturated Fat 26g	131%
Cholesterol	107mg	36%
Sodium	1498mg	62%
Total Carbohydrates	96g	32%
	Dietary Fiber 7g	28%
Protein	43g	
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Vitamin A		45%
Vitamin C		104%
Calcium		106%
Iron		36%

* Percent Daily Values are based on a 2000 calorie diet.