

Chicken

Chicken-Black Bean Quesadillas

Pillsbury Best One Dish Meals - February - 2011

Servings: 8

Preparation Time: 40 minutes

Start to Finish Time: 40 minutes

2 cups deli rotisserie chicken, shredded or finely chopped

1/2 cup red bell pepper, chopped

4 medium (1/4 cup) green onions, thinly sliced

1 can (15 oz) black beans, drained and rinsed

1/2 cup cooked white rice

8 8-inch flour tortillas for burritos

4 cups (16 oz) Monterrey Jack cheese, shredded

1 teaspoon olive oil

1 cup Thick N Chunky salsa

1/2 cup sour cream

In a medium bowl, mix the chicken, bell pepper, green onions, beans and rice.

Top half of each tortilla with 1/2 cup of the chicken mixture and 1/2 cup of the cheese.

Fold the other half of each tortilla over the filling and press down slightly. Spray the top halves of the tortillas with cooking spray.

In a 12-inch skillet, heat the oil over medium-low heat.

Place two filled tortillas at a time into the skillet, sprayed sides down..

Cook for 4 to 5 minutes, turning once, until golden brown and hot.

Cut into wedges.

Serve with salsa and sour cream.

Per Serving (excluding unknown items): 138 Calories; 4g Fat (25.4% calories from fat); 6g Protein; 20g Carbohydrate; 4g Dietary Fiber; 6mg Cholesterol; 10mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 1/2 Fat.