

Chicken

Smoky Chicken Quesadillas

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Family Circle Magazine - May 2012

Servings: 4

Start to Finish Time: 28 minutes

2 cups (7 ounces) frozen grilled chicken strips, frozen

1 1/2 tablespoons olive oil

10 ounces cremini mushrooms, quartered

2 cloves garlic, minced

1/8 teaspoon pepper

4 (10-inch) tortillas

8 ounces smoked cheddar cheese, grated

olive oil (for brushing)

sour cream (optional)

chipotle salsa (optional)

Coat a nonstick saute' pan with nonstick cooking spray. Heat over medium heat. Add the frozen chicken and cook 5 to 7 minutes to heat through and slightly brown. Remove the chicken from the pan and set aside.

Add the olive oil to the same pan. Stir in the mushrooms and cook 5 to 7 minutes or until lightly browned; the pan will be fairly dry.

Stir in the garlic and cook 1 to 2 more minutes. Season with pepper.

Preheat the oven to 450 degrees.

Line two baking sheets with nonstick foil. Place a tortilla on each prepared sheet. Add one-fourth of the cheese to each tortilla, then layer each with half the chicken and mushrooms. Divide the remaining cheese between the tortillas. Cover with the last two tortillas and brush lightly with olive oil.

Bake for 7 minutes or until slightly golden brown and the cheese has melted.

Cut each quesadilla into six wedges.

Serve with sour cream and chipotle wedges, if desired.

Per Serving (excluding unknown items): 281 Calories; 10g Fat (32.8% calories from fat); 6g Protein; 41g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 344mg Sodium. Exchanges: 2 1/2 Grain(Starch); 0 Vegetable; 2 Fat.