

Chicken quesadilla

Food Foundations • another NAQ Nutrition program

Ingredients

Serves: 6

- 1 large cooked chicken breast, shredded
- 1 cup grated cheese
- 2 spring onions, finely chopped
- 1 tomato, finely chopped
- 1 capsicum, finely diced
- ½ cup corn kernals
- 1 teaspoon smoked paprika
- 6 tortillas



Method:

1. Mix chicken, spring onions, tomato, capsicum, corn and smoked paprika in a bowl and combine well.
2. Fill one side of tortilla with mixture, sprinkle with cheese and fold in half
3. Place tortilla in sandwich press for a few minutes until cheese is melted.
4. Cut into wedges to serve.

Note:

- Serve with guacamole or salsa for a snack or meal.
- Quesadillas can also be cooked in the oven, bake for 5 minutes on each side of until golden brown.

Food Group	Serves provided per portion
Vegetables	1
Grain foods	0.5
Milk, yoghurt and cheese	0.5
Lean meat and legumes	0.5