

Healthy Chicken Quesadillas

Ingredients:

Red-pepper hummus 1/4 cup

Chicken breast 10 oz. (raw)

Small, 100-calorie multigrain tortillas 4

Goat cheese, crumbled 4 tbsp

Red onion, chopped 1/2 cup

Garlic, minced 2 tbsp

Fresh cilantro garnish

Salsa garnish

Olive oil spray

Instructions:

1. Spray a nonstick skillet with olive oil spray, and set on medium-high heat..
2. Sear 1 tablespoon minced garlic in the skillet, then toss in chicken breast. Cook the chicken for about 12-15 minutes or until the meat is white when cut and the juices run clear. Set aside in a separate bowl.
3. Thinly slice red onions, chop up fresh cilantro, and remove the pit from the avocado and cut into thin slices.
4. Spread about 2 tablespoons (1/8 cup) of red-pepper hummus on each wheat tortilla.
5. On one side of each tortilla, add half of the chopped chicken breast., a few red onion slices, 1 tablespoon goat cheese, 1/4 of an avocado, and fresh cilantro.
6. Fold the quesadilla in half.
7. Spray a nonstick skillet with olive oil and set on medium heat. Allow the skillet to heat up.
8. Add the quesadilla to the skillet and cook for about 2 minutes on each side. Be sure to press down on the quesadilla using a spatula so that it flattens out.
9. Remove from the skillet and enjoy with fresh salsa.

Nutrition Facts

Serving size: 1 chicken quesadilla

Amount per serving

Calories 377

Fat13 g

Carbs27 g

Protein41 g

(Recipe makes 2)