

Chicken Quesadillas

This is an easy, microwave only version for this tasty, nutritious lunch.

Ingredients

1-2 large whole wheat tortilla

1/4 cup canned black or refried beans

3oz baked diced chicken (or substitute canned chicken)

¼-1/2 cup shredded cheese (adjust based on the amount of cheesiness you want)

1/2 cup frozen sliced bell peppers

Salsa to taste

Directions

1. Microwave the frozen bell peppers for 3 minutes, until warm.
2. Place one tortilla on a microwave safe plate and add beans, diced chicken, warm peppers, salsa, and cheese.
3. Microwave the tortilla for 45-60 seconds, until cheese is melted.
4. Add second tortilla on top and allow to cool for 1-2 minutes before eating. This is a great item to take to school since you can slice it in quarters and eat it warm or cold.

Nutrition Benefits

- ✓ Complex carbs
- ✓ Protein
- ✓ Potassium
- ✓ Magnesium
- ✓ Calcium
- ✓ Antioxidants
- ✓ Vitamin C
- ✓ Fiber