

# chicken quesadillas with red and green salsa

**Prep time:** 30 minutes  
**Cook time:** 10 minutes

this delicious finger food can be served as an appetizer or main-dish meal

## *For salsa:*

- 4** medium tomatoes, rinsed and diced (about 2 C)
- ½ C** red onion, diced
- 1** medium Jalapeno chili pepper, rinsed and split lengthwise—remove seeds and white membrane, and mince (about 2 Tbsp); for less spice, use a green bell pepper
- 2 Tbsp** lime juice (or about 4 limes)
- 2 Tbsp** fresh cilantro, rinsed, dried, and chopped (or substitute 2 tsp dried coriander)
- 1 tsp** ground cumin

## *For quesadillas:*

- 12 oz** boneless, skinless chicken breast, cut into thin strips
- 4** (10-inch) whole-wheat tortillas
- ¼ tsp** salt
- ½ tsp** chili sauce
- 2 oz** pepper jack cheese, shredded (about ½ C)
- 1 Tbsp** pine nuts, toasted (optional)

## *Cooking spray*



### **yield:**

4 servings

### **serving size:**

1 quesadilla, ½ C salsa

- 1** Preheat oven broiler on high temperature, with the rack 3 inches from heat source.
- 2** For salsa, combine all ingredients and toss well. Chill in refrigerator for at least 15 minutes. (Salsa can be made up to 1 day in advance and refrigerated.)
- 3** Cut chicken into thin strips, and place them on a baking sheet coated with cooking spray. Broil for 8–10 minutes.
- 4** To assemble the quesadillas, place four whole-wheat tortillas on the countertop or table. Top each with one-quarter of the sliced cooked chicken, salt, chili sauce, cheese, and pine nuts (optional).
- 5** Fold tortillas in half to close, and carefully transfer each to a baking sheet lined with parchment or wax paper.
- 6** Bake quesadillas at 350 °F for 5–10 minutes or until the cheese is melted.
- 7** Serve one quesadilla with ½ cup salsa on the side.

**Tip:** Delicious with a side of fresh grilled corn-on-the-cob.

### **each serving provides:**

calories	339	total fiber	4 g
total fat	11 g	protein	26 g
saturated fat	3 g	carbohydrates	32 g
cholesterol	62 mg	potassium	454 mg
sodium	453 mg		