

## 10-Minute Leftover Chicken Quesadilla

*Ever have leftovers that you don't know what to do with? Meat and beans are two leftovers my household has a lot of. So, why not repurpose those leftovers into something tasty- and in 10 minutes?! Leftover chicken, spices, cheese, and peppers folded in a crispy flour tortilla for a yummy entrée.*

### Ingredients:

½ tbsp	Extra virgin olive oil
2 tbsp	Chopped bell pepper & onion (optional)
2 oz	Leftover chicken breast, shredded (measured cooked)
Pinch	Chili powder
Pinch	Cumin
Pinch	Ground black pepper
1, 8-10 in	Whole grain flour tortilla (I used the Mission whole grain tortillas)
¼ cup	Reduced fat Mexican Blend shredded cheese

### Directions:

1. Heat oil in medium skillet over medium-high heat. If using bell pepper and onion, sauté for 1-2 minutes or until soft.
2. Add in the cold, leftover shredded chicken, chili powder, cumin, and black pepper. Stir. Heat until chicken is hot. Remove mixture from pan and place aside on a plate or bowl.
3. Place flour tortilla on the same warm skillet used in steps 1-2. Sprinkle cheese on half of the tortilla, then layer chicken/pepper mixture over cheese. Flip the over half of the tortilla over on top of the chicken. Cook for 1-2 minutes. Flip. Cook for another 1-2 minutes. Both sides of tortilla should be likely browned and crispy.
4. Cut into wedges and serve alongside salsa, avocado, or sour cream.

### Nutrition Facts:

Serving Size: 1 quesadilla

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10-Minute Leftover Chicken Quesadilla		
Nutrition Facts		
Serving Size: 1 full recipe		
Amount Per Serving	% Daily Value*	
Calories	306.7 kcal	15 %
Total Fat	17.5 g	27 %
Saturated Fat	6 g	30 %
Trans Fat	0 g	
Cholesterol	73.2 mg	24 %
Sodium	609.9 mg	25 %
Total Carbohydrate	21.2 g	7 %
Dietary Fiber	16 g	64 %
Sugars	0.9 g	
Protein	29.6 g	59 %
Vitamin A	24 % • Vitamin C	40 %
Calcium	29 % • Iron	10 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Full info at <a href="http://cronometer.com">cronometer.com</a> </>		