

12-MINUTE TEX-MEX

Chicken Quesadillas with Creamy Salsa

Golden, cheesy wedges with a cool salsa dip

SERVES

4

PREP

6 min

COOK

6 min



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INGREDIENTS

- **4 large** fat-free flour tortillas
- **1 cup** reduced-fat Mexican-style cheese
- **1 cup** cooked chicken breast, chopped
- **1 cup** canned white corn, drained
- **1 cup** water-packed roasted red peppers, drained
- **1/2 cup** fresh cilantro, chopped
- **1/4 cup** fat-free sour cream
- **1/4 cup** fresh salsa
- **As needed** cooking spray

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DIRECTIONS

- 1 Heat the oven to 450 F. Line a sheet pan with foil and coat it with cooking spray.
- 2 On half of each tortilla, layer 2 Tbsp cheese, 1/4 cup chicken, 1/4 cup corn, roasted peppers, 1 Tbsp cilantro and another 2 Tbsp cheese. Fold closed.
- 3 Arrange on the pan, lightly spray the tops and bake until golden, about 6 minutes.
- 4 Combine the sour cream, salsa and remaining cilantro. Serve 1 quesadilla with 2 Tbsp creamy salsa per person.

5

WW POINTS

per serving

20 POINTS FOR THE FULL RECIPE

COOK'S NOTE

Plain Greek yogurt can replace the sour cream. Recalculate Points if you use a different tortilla or cheese.

ESTIMATED NUTRITION PER SERVING

CALORIES

340

PROTEIN

27g

CARBS

42g

FAT

9g

SAT. FAT

4g

FIBER

5g

SODIUM

850mg

Nutrition is approximate and varies by brand; WW Points reflect the cited WW recipe.