

Chicken and Cheese Quesadillas (makes 4 servings)

8 Flour tortillas, 6 inch size
1-1/2 cups Cooked chicken, skinless white & dark meat, chopped
1-1/2 cups Cheese, any variety, shredded
2 Tbsp Light butter or margarine
1 cup Prepared salsa

Lay tortillas out on a large cutting board, or waxed paper on the counter top. Lightly spread butter (or margarine) onto outside of all tortillas. Spoon chicken and cheese onto un-buttered side of 4 tortillas, dividing equally. Top with the other 4 tortillas, leaving buttered sides on outside. Cook over medium heat on a non-stick skillet or frying pan for 3-6 minutes, until golden brown. Turn over and cook other side. Cut into quarters and serve with salsa to dip.

Nutrition per serving Calories 242; Protein 16 gm; Carbohydrates 20 gm; Fat 11 gm; Saturated Fat 5 gm; Cholesterol 42 mg; Fiber 1 gm; Sodium 430 mg