

Cool Quesadilla

Mix and match what you like and make a healthy fiesta entrée!

Ingredients:

- 1 tortilla
- Chicken
- Shredded Cheese
- Black Beans
- Onions
- Tomatoes
- Sauce- for chicken or dipping

Directions:

1. Grab a plate and choose your tortilla from assortment (nutrition facts feature a 9-inch whole wheat tortilla)
2. Walk over to the salad bar and you'll find the cut-up chicken and shredded cheese.
3. Add other toppings to your tortilla such as black beans, onions or tomatoes if preferred.
4. Walk over to the grill with your tortilla, toppings, and meat
5. Gently place the meat on the grill to heat it up first.
6. Then add the vegetables to the meat on the grill to fully heat everything
7. Spray the grill and then place tortilla in a position to transfer toppings.
8. Sprinkle cheese on top
9. Fold tortilla with the toppings inside in half, heating one side and then flipping over when desired. Heat until cheese is melted and tortilla is golden brown.
**For a spicy twist coat the chicken with Frank's Buffalo Sauce when cooking*



Per Serving:

Calories: 549

Protein: 39.1 g

Fat: 14 g

Carbohydrates: 66.8 g

Fiber: 15.3 g

using Frank's Buffalo Sauce along with all the vegetables listed in the ingredients

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