

FOUR-MINUTE QUESADILLA

PREP TIME

5 mins

COOK TIME

4 mins

SERVINGS

1

INGREDIENTS

- 2 medium Whole wheat tortillas
- ½ cup chicken strip, or shredded chicken, cooked
- ½ bell pepper, diced
- 1 tablespoon taco seasoning
- ¼ cup shredded cheddar cheese

INSTRUCTIONS

1. Microwave the tortillas on a plate until slightly crispy. They will dry out a bit as they cool.
2. Mix the chicken, peppers, and taco seasoning in a bowl until evenly combined, then cook for about 1-2 minutes until the peppers are soft.
3. Spread the mixture evenly on one tortilla, cover evenly with the cheese, then top with the other tortilla.
4. Cook for another 30 seconds to 1 minute, slice, then serve.
5. Enjoy!

The Importance of a Balanced Meal

- Provides important vitamins, minerals, and nutrients to keep the body and mind strong and healthy
- Helps keep you satisfied longer between meals
- This meal provides whole grains (carbohydrates), protein, fat, vegetables and dairy

