

# Chicken and corn quesadillas

Makes 2 large quesadillas

## Ingredients

- ⅔ cup reduced fat cheese
- 160g cooked chicken
- ½ capsicum
- 4 flour tortillas
- Canola oil spray
- 1 cup frozen corn kernels



## Method

1. Grate cheese. Shred chicken. Deseed and finely slice capsicum.
2. Preheat sandwich press or frypan. Lightly spray one side of each tortilla with canola oil.
3. Place one tortilla in press or pan. Spoon on half of the grated cheese, shredded chicken, capsicum and corn kernels and top with another tortilla.
4. Cook, pressing down firmly with a spatula, for 1 to 2 minutes or until base is golden and cheese is melted. Turn and cook on second side.
5. Remove from pan, cut into wedges and serve with a side salad.
6. Repeat steps 4-6 using the remaining tortilla and filling.

## Optional:

- to create a delicious dipping sauce, combine ⅓ cup reduced fat natural yoghurt with 2 tablespoons of sweet chilli sauce

NUTRITION INFORMATION		
Servings per recipe: 8		
Average serving size: 85g (1 quarter)		
	Per serve	Per 100g
Kilojoules (kJ)	459	636
Protein (g)	12.0	16.6
Total fat (g)	4.3	6.0
- Saturated fat (g)	2.4	3.4
Carbohydrates (g)	5.1	7.1
- Sugars (g)	2.2	3.0
Fibre (g)	0.8	1.1
Sodium (mg)	170	236

This recipe meets the **GREEN** criteria in the National Healthy School Canteen Guidelines.