

# Chicken Quesadillas

## INGREDIENTS

- 1, 12.5-ounce canned chicken, drained
- 1, 10-ounce canned diced tomatoes, drained
- 2 tablespoons taco seasoning
- 1.5 cups low-fat Mexican blend shredded cheese
- 5 whole wheat tortillas
- Low-fat greek yogurt or sour cream, optional for serving
- Salsa, optional for serving

**TIME: 10 MINUTES**  
**SERVINGS: 5**



Adapted from: [food.com](https://www.food.com)



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## PROCEDURE



1. Preheat a skillet over medium heat and coat it with non-stick spray.
2. In a medium bowl, mix together the chicken, tomatoes, taco seasoning, and shredded cheese until well combined.
3. Spread the chicken mixture over one half of a tortilla, then fold the tortilla in half to cover the filling.
4. Place the folded tortilla in the hot skillet.
5. Cook until the bottom is golden brown, then flip and brown the other side.
6. Serve warm with Greek yogurt or salsa!

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