



HIGH-PROTEIN CHICKEN QUESADILLA

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Cooked Shredded Chicken Breast	1 Cup	Cumin	¼ Tsp.
Low-Fat Cottage Cheese	½ Cup	Black Pepper	¼ Tsp.
Plain Greek Yogurt	2 Tbsps.	Medium Whole-Grain Tortillas	2
Salsa	2 Tbsps.	Shredded Reduced-Fat	¼ Cup
Garlic Powder	¼ Tsp.	Mexican Cheese Blend	
Chili Powder	¼ Tsp.	Olive Oil or Cooking Spray	1 Tsp.

SERVING SIZE

1 WHOLE QUESADILLA (FOLDED)

PREPARATION

- In a small blender or food processor, blend cottage cheese, Greek yogurt, salsa, garlic powder, chili powder, cumin, and pepper until mostly smooth.
- Stir the blended mixture into the shredded chicken.
- Heat a nonstick skillet over medium heat and lightly coat with olive oil or cooking spray.
- Place one tortilla in the skillet.
- Spread half of the chicken mixture over one half of the tortilla and sprinkle with half of the shredded cheese.
- Fold the tortilla over and cook for 2–3 minutes per side, until golden and crisp and the cheese is melted.
- Repeat with the second tortilla.
- Cut each quesadilla into wedges and serve.