



BBQ Chicken Quesadillas

Recipe Source: www.budgetbytes.com

Makes 10 quesadillas

Ingredients:

1.5 cups chopped cooked chicken
1, 15 oz can black beans, rinsed and drained
¼ of a red onion
1 jalapeno (optional)
½ cup fresh cilantro
2 cups shredded cheddar cheese (you can use 2%)
1 tsp chili powder
½ tsp smoked paprika (regular paprika works too)
¼ tsp salt
½ cup bbq sauce
10, 7-inch flour tortillas

Steps:

- Add the chopped chicken and drained black beans to a large bowl. Finely dice the red onion. Remove the seeds from the jalapeno, then finely dice. Pull the cilantro leaves from their stems and roughly chop. Add the onion, jalapeno, cilantro, shredded cheddar, chili powder, smoked paprika, salt, and bbq sauce to the bowl with the chicken and beans. Stir until everything is evenly combined.
- Place about 1/3 cup of the bbq chicken mixture on each tortilla and spread it evenly over one half of the surface. Fold the tortilla closed. Cook the filled and folded tortillas in a dry skillet over medium-low heat, until the outside is brown and crispy, the filling heated through, and the cheese has melted. Cut each quesadilla in half and serve.

Nutritional Facts: *per serving* Calories: 350, Carbohydrates: 39 grams, Protein: 20 grams, Total Fat: 12 grams, Saturated Fat: 6 grams, Cholesterol: 40 mg, Sodium: 739 mg, Fiber: 6 grams, Total Sugars: 5 grams.