

Chicken Bacon Ranch Quesadilla

Ingredients

- 7 oz frozen cooked diced chicken
- 2 cups shredded mozzarella cheese, reduced fat
- 1-1/2 tsp ranch mix
- 4 whole grain tortilla

Directions

1. In a large bowl, mix together chicken, cheese, ranch seasoning, and bacon. Mix until all ingredients are fully mixed together.
2. Place 3 oz of mixture on each 8 inch tortilla and fold in half. Place on 9 x 13 inch tray with parchment, cover with foil, and bake in a 350°F (fan on low) oven for 10 minutes. Internal temperature must reach 165°F and cheese should be melted.

Notes

Number of Portions: 4
Serving Size: 1 each
Nutrition Facts: 308 calories, 12.12 g fat, 5.61 g saturated fat, 663 mg sodium, 23.28 g carbohydrate, 2 g fiber, 1 g sugar, 25.61 g protein

