

# Chicken and Spinach Quesadilla

## Ingredients

- 1/4 cup onion
- 1/4 tbsp garlic
- 3/8 tsp vegetable oil
- 10-1/2 cup raw spinach
- 1/4 tsp kosher salt
- 1/3 cup shredded mozzarella cheese, reduced fat
- 2 tsp grated parmesan cheese, fat free
- 4-5/8 oz shredded chicken
- 4 whole grain tortilla

## Notes

**Number of Portions:** 4

**Serving Size:** 1 each

**Nutrition Facts:** 221 calories, 6.97 g fat, 2.86 g saturated fat, 494 mg sodium, 25.68 g carbohydrate, 3.81 g fiber, 1.6 g sugar, 15.4 g protein

## Directions

1. Wash onions and garlic. Dice onions and mince garlic. Sauté onions and garlic in oil until onions become slightly translucent and soft.

Add spinach in small batches and cook with salt until slightly wilted, not mushy.

3. In a large bowl, mix together cheese, chicken, and spinach.

4. Using a #8 scoop (1/2 cup), place one scoop on each tortilla. Fold tortilla in half and place on a baking sheet. Bake in a 350° F oven for 10 minutes or until internal temperature reaches 165°F.

\*\*\* You can shingle the quesadillas overlapping the open edges so they do not dry out.