

Chicken and Zucchini Quesadillas



Ingredients:

- 8 oz cooked Chicken
- 1 Zucchini
- 1 Yellow Bell Pepper
- 1 large Tomato
- 1/2 Red Onion
- 1 Jalapeno Pepper
- 1 clove Garlic
- 1 Lime
- 1 cup shredded Cheddar Cheese
- 1 tsp Tabasco Sauce
- 1/2 tsp Cumin
- 2 whole-wheat Tortillas

Directions:

1. Prep all veggies: dice zucchini, bell pepper, tomato, onion, and jalapeño pepper and mince garlic.
2. In a medium bowl, combine the chicken, zucchini, bell pepper, tomato, onion, jalapeño, and garlic. Cut the lime in half and squeeze the juice over the chicken mixture. Add the cheese, tabasco and cumin. Mix well.
3. Heat a large pan to medium heat. Lay 1 tortilla flat in the pan and spread half of the chicken mixture on one side. Fold the tortilla to cover the chicken mixture. After about 3 to 4 minutes, flip the folded tortilla to cook on the other side
4. Cook for an additional 3 minutes until cheese is melted
5. Makes 4 servings of 1/2 a quesadilla each. Store leftovers in the fridge for up to 1 week. Heat up on stove for best taste!

This recipe gives you one serving of vegetables, one serving of carbs, and one serving of meat and dairy products! Check out the food pyramid in your Diabetes Notebook for a glance at recommended daily servings!