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FOR HEALTHY LIVING  
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# CREAMY CHICKEN QUESADILLAS

## INGREDIENTS

- 1 tablespoon olive oil
- 4 teaspoons all-purpose flour
- 1/2 cup unsalted chicken stock
- 1 cup coarsely chopped spinach (about 1 1/2 oz.)
- 1 tablespoon hot sauce (such as Cholula)
- 1/4 teaspoon kosher salt
- 1/8 teaspoon black pepper
- 6 ounces skinless, boneless rotisserie chicken breast, shredded (about 1 1/4 cups)
- 4 ounces pre-shredded mozzarella cheese (about 1 cup)
- 4 (8-in.) whole-wheat flour tortillas
- Cooking spray
- 1 ripe avocado, quartered



## DIRECTIONS

1. Heat oil in a small saucepan over medium. Sprinkle flour over pan; cook 30 seconds, stirring constantly. Slowly add stock; cook 2 minutes or until thickened, stirring frequently. Remove pan from heat; stir in spinach, hot sauce, salt, pepper, chicken, and cheese.
2. Heat a large skillet over medium. Divide chicken mixture evenly over half of each tortilla. Fold tortillas in half over filling. Carefully coat both sides of quesadillas with cooking spray. Add 2 quesadillas to pan; cook 2 minutes on each side or until browned and cheese is melted. Repeat with remaining quesadillas. Cut each into 4 wedges. Serve with avocado.

**Nutrition: Calories 343, Fat 17g, Sat fat 5g, Unsat fat 10g, Protein 23g, Carbohydrate 24g, Fiber 3g, Sodium 682mg, Calcium 21% DV, Potassium 9% DV, Sugars 1g, Added sugars 0g**