



Oven-Baked Buffalo Chicken Quesadilla

Prep: 20 minutes | Cook: 15 minutes | Total: 35 minutes

Yield: 1 serving | Serving Size: 1 quesadilla

Ingredients

- 2 (9- or 10-inch) whole-wheat tortillas, divided
- $\frac{2}{3}$ cup reduced-fat shredded cheese, divided
- 2 tablespoons chopped bell pepper
- $\frac{1}{3}$ cup broccoli or cauliflower florets
- $\frac{1}{3}$ cup cooked ground chicken
- 1 tablespoon chopped tomato
- 1 tablespoon chopped red onion
- $\frac{1}{4}$ cup no-salt-added white beans, drained and rinsed
- 2 teaspoons hot sauce

Directions

1. Preheat the oven to 350°F.
2. Evenly coat a baking sheet with cooking spray.
3. Place one of the tortillas on the baking sheet.
4. Sprinkle $\frac{1}{3}$ cup of the cheese over the tortilla, in an even layer.
5. Add the bell pepper, broccoli, chicken, tomato, onion, beans, and hot sauce.
6. Top with the remaining $\frac{1}{3}$ cup cheese.
7. Place the second tortilla on top.
8. Place the baking sheet in the oven.
9. Cook until the tortillas are crisp and the cheese is melted, about 10-15 minutes.

Recipe Notes

- No chicken on hand? Substitute ground turkey or use your favorite bean for great protein and fiber.
- Garnishes well with guacamole, light sour cream, plain Greek yogurt, or salsa.

Nutrition Facts Per Serving: Calories: 475 | Total Fat: 16 g | Saturated Fat: g
Sodium: 680 mg | Total Carbohydrate: 50 g | Dietary Fiber: 10 g | Protein: 32 g

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