



# EAT. MOVE. SAVE.



**Illinois Extension**  
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN



**OFFICE OF COMMUNITY ENGAGEMENT AND  
NEIGHBORHOOD HEALTH PARTNERSHIPS**

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# MEAL KIT.

## Chicken Quesadilla

Recipe adapted from University of Minnesota Extension

### Ingredients:

- 10 ounces of chicken breast
- 1 tablespoon cooking oil
- 1 pack of whole wheat tortillas
- 1 cup of shredded cheddar cheese
- 1 16-ounce can of salsa (optional)

### Directions:

Time needed: 10 minutes of preparation,  
15-20 minutes of cook time

1. Heat chicken for 5-7 minutes in a medium skillet or fry pan with oil.
2. While the chicken is cooking, place one tortilla on a large plate, sprinkle  $\frac{1}{8}$  cup cheese over  $\frac{1}{2}$  the tortilla or the whole tortilla if using 2.
3. Spread chicken over the cheese, and sprinkle the remaining cheese over the chicken.
4. Fold the tortilla over the filled  $\frac{1}{2}$  (or place the whole 2nd tortilla on top).
5. Place the filled tortilla in the pan and heat on medium until the cheese begins to melt.
6. Flip over and heat through (about 30 seconds).

SERVES

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