



Chicken and Veggies Quesadilla

Serves 4 | Serving Size: 2 quesadillas

Ingredients

- 1 chicken breast (about ½ lb)
- 1 ½ teaspoons of taco seasoning (optional)
- ½ cup chopped zucchini
- ½ cup of diced tomatoes
- 1/3 cup chopped bell pepper
- 1 small onion
- ½ can of corn
- 8 tortillas
- 1 ½ cup of shredded cheese
- Sour cream, to taste (optional)
- Guacamole, to taste (optional)

Instructions

1. Season the chicken with taco seasoning or preferred seasoning. Cook in MEDIUM-HIGH heat for 4-5 mins per side. Set aside.
2. Chop zucchini and bell pepper into small pieces.
3. Drain can of corn and diced tomatoes. Mix them with zucchini and bell peppers. Season with taco seasoning or salt and pepper (1/2 teaspoon total).
4. In a small pan, cook vegetables for 4-5 minutes on MEDIUM-HIGH heat until tender.
5. On a small pan, lay a tortilla and sprinkle a layer of cheese. Add ¼ of veggie mixture and ¼ of cooked chicken. Sprinkle some more cheese on top.
6. Fold tortilla in half and heat until cheese melts. Repeat the process with 8 tortillas.



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