

## OPEN-FACED CHICKEN QUESADILLA

**Prep Time:** 5 minutes

**Cook Time:** 10 minutes

**Included in Box:**

- ½ c. low sodium spaghetti sauce
- ½ c. pinto beans, cooked
- 1 (5 oz) can chicken, drained

**Additional Ingredients Needed:**

- 4, 6" soft corn tortillas
- 1 small onion, chopped
- ½ medium green pepper, diced
- ½ c. shredded cheese
- 1 tsp garlic powder
- ½ tsp chili powder

**Directions:**

1. Combine spaghetti sauce, cooked pinto beans, chicken, onion and seasonings in microwave safe bowl. Stir to mix. Cover and microwave on high for 1 minute. Remove and stir. Place in microwave for additional 1 minute, or until thoroughly heated.
2. Place corn tortillas flat on skillet over medium high heat and cook for 2-3 minutes. Flip tortillas; add shredded cheese and chicken mixture to open tortillas. Cook 3-4 minutes, or until tortilla is crisp.

**Tip:** Top with avocado slices, cilantro and lettuce for extra flavor!  
Swap canned no salt black beans for pinto beans.



**Nutrition Facts\***

**Total Servings:** 2  
**Serving Size:** 2 quesadillas  
**Calories:** 337  
**Fat:** 8 g  
**Sodium:** 505 mg  
**Carbohydrates:** 40 g  
**Fiber:** 9 g  
**Protein:** 28 g  
**Carbohydrate Servings:** 2 ½

*\*Nutrient facts include canned spaghetti sauce with tomato bits (no salt added), boiled pinto beans, canned premium chicken breast in water (drained), 6" yellow corn soft tortillas, small white onion, fresh medium green bell pepper, finely shredded four cheese blend, and spices.*