

ONE AND DONE SHEET PAN QUESADILLA

Higher Fiber, Lower Sodium

Serves: 8 (Serving = 1/8th pan)

Nutrition (per serving)

Calories: 293

Total Fat: 12 g

Saturated Fat: 5 g

Sodium: 392 mg

Total Carbohydrate: 31 g

Dietary Fiber: 6 g

Total Sugars: 0 g

Protein: 28 g



Ingredients

- 1 onion, peeled and diced
- 2 bell peppers, diced
- ¼ cup water
- 1 teaspoon chili powder
- 1 teaspoon cumin
- ½ teaspoon paprika
- ¼ teaspoon ground black pepper
- 3 cups pre-cooked shredded chicken breast
- 9 large whole wheat flour tortillas
- 2 cups reduced fat Mexican blend shredded cheese



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Directions

1. Preheat oven to 425 degrees Fahrenheit.
2. In a microwave on high power, cook onion and bell peppers for 6 minutes, stirring every 2 minutes, or until tender. Set aside.
3. In a small bowl, stir together water, chili powder, cumin, paprika, and black pepper. Set aside.
4. In a large non-stick skillet over medium heat, add chicken and pour seasoning mixture over chicken and combine until evenly dispersed. Allow chicken to heat through.
5. In a 15 x 10 x 1 inch sheet pan, place 7 tortillas around the edge so that half of the tortilla hangs off the edge. Place another tortilla in the middle to cover the pan.
6. Top tortillas with chicken mixture, onions and bell peppers, and cheese.
7. Place another tortilla in the center, on top of the filling. Fold tortilla sides over onto filling so they no longer hang off and filling is no longer visible.
8. Place a second baking sheet on top of folded tortillas to maintain shape.
9. Bake for 20 minutes or until golden brown.



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