

Quesadillas



Serves 1

370 cals per serve (chicken)

328 Cals per serve (beans)

425 Cals per serve (both)

- 1 slice mountain bread corn (or rice) wrap
- ¼ cup of diced tomato
- ¼ cup of fresh corn kernels
- 1 tablespoon of red onion
- ¼ teaspoon (or more to taste) of finely chopped chilli
- ½ teaspoon of extra virgin olive oil
- ½ teaspoon of lemon juice
- 20gm of tasty cheese very finely grated
- 30 gm of avocado
- ¼ cup of diced mushrooms
- ½ cup of spinach leaves
- Spray extra virgin olive oil
- 50 gm of shredded chicken or ¼ cup of red kidney beans

Lightly spray the wrap with olive oil, turn over.

Place ½ the cheese on ½ of the wrap.

Mix onion, tomato, corn, chilli, oil and lemon juice.

Place chicken on top of the cheese, followed by the tomato/corn mix.

Place the mushrooms over the top, add the avocado and the spinach leaves. Top with the rest of the cheese.

Fold the wrap in 2.

Either place on a hot frying pan or use a sandwich toaster. Cook until golden on the outside and cheese has melted.

(Another option is to just use the chicken, avocado, cheese and mushrooms, cut into wedge like pieces and serve with the spinach topped with the salsa as a side salad.)