



Chicken Quesadillas: (Directly from Anabolic Cooking)

Ingredients:

8oz Chicken Breast, cooked, cut in cubes
1 Cup of Shredded Lettuce
1/3 cup of Salsa
1 Tbsp of Fat-Free Sour Cream
2 big Whole Wheat Tortillas
1/3 cup of Low-fat Cheddar, shredded

Directions:

1. In a bowl, combine cooked chicken, salsa and lettuce.
2. Spread the sour cream on one tortilla, then top with the chicken mixture.
3. Sprinkle with cheddar and top with the remaining tortilla.
4. In a large skillet coated with cooking spray, over low heat, cook the quesadilla until light brown, usually about 3 minutes each side. Turn carefully with a wide spatula.