

Mango Chicken Quesadilla

Yields: ONE 3 unit portion

Ingredients:

2 oz. boneless, skinless chicken breast, shredded or chopped
1/4 cup Mexican Cheese Blend, shredded
1/8 cup fresh Mango, diced
1 tsp. fresh Cilantro -optional
dollop Light Sour Cream -optional (only for 3 units and above)
2 lime Wedges -optional
1 LARGE La Tortilla Factory Wheat Low-Carb Tortilla
Canola Oil Cooking Spray

-Prepare your chicken prior by marinating in Mrs Dash Extra Spicy and water for 20 minutes before grilling. Make more than you need. Cool completely. Shred or chop. Store in an air-tight container.

-Heat your griddle to medium-high

Directions:

Step 1: Measure out your amount of chicken and cheese.

Step 2: Spray the hot griddle well. Place your tortilla onto the hot griddle and sprinkle half of the cheese onto one half of the tortilla. Next, evenly spread out the chicken and mango.

Do not add the the cilantro, sour cream or lime wedges.

Sprinkle the remaining cheese over top of the chicken/mango.

Fold the tortilla over the half with the chicken and mango and cheese.

-like a taco-

Step 3: Cook the tortilla until browned on each side and the cheese is melted.

-If you wish to use the sour cream and lime, dollop the sour cream onto your prepared quesadilla and squeeze the lime juice into the sour cream. Decorate with the cilantro. Yummy!