

Pesto Chicken Quesadilla

5 ingredients · 15 minutes · 2 servings



Directions

1. Heat a large nonstick skillet over medium heat. Add the tortilla to the skillet and top with grated cheese, leaving a small border around the edges. Cover with a lid and let it cook for one to two minutes until the cheese is melted.
2. Add the shredded chicken breast to half the tortilla and top with the pesto and kale leaves. Fold the tortilla in half and gently press down.
3. Cook for two to three minutes per side or until browned and crispy. Let the quesadilla cool slightly and then cut into wedges. Enjoy!

Notes

Leftovers

This is best enjoyed right after cooking, but can be refrigerated for up to three days.

Serving Size

One serving is equal to one quesadilla.

Gluten-Free

Use brown rice tortilla instead of whole wheat tortilla.

Dairy-Free

Use dairy-free cheese instead of mozzarella cheese.

More Flavor

Season the chicken with chili powder, smoked paprika, and/or salt.

Additional Toppings

Serve with sour cream, greek yogurt, salsa, or guacamole.

Ingredients

- 2 Whole Wheat Tortilla (large)
- 3 ozs Mozzarella Cheese (shredded)
- 8 ozs Chicken Breast, Cooked (shredded)
- 1/4 cup Pesto
- 1 cup Kale Leaves (thinly sliced)

Nutrition

Amount per serving

Calories	540	Calcium	381mg
Fat	27g	Iron	2mg
Saturated	11g	Vitamin D	1IU
Trans	0g	Vitamin E	3mg
Polyunsaturated	3g	Thiamine	0.5mg
Monounsaturated	10g	Riboflavin	0.6mg
Carbs	22g	Niacin	16mg
Fiber	5g	Vitamin B6	1.5mg
Sugar	3g	Folate	68µg
Protein	50g	Vitamin B12	0.2µg
Cholesterol	156mg	Phosphorous	526mg
Sodium	644mg	Magnesium	92mg
Potassium	763mg	Zinc	2mg
Vitamin A	1334IU	Selenium	47µg
Vitamin C	10mg		