Chicken Mushroom Quesadillas

A Tex-Mex staple, this quesadilla recipe is packed with savory vegetables and lean protein. These can be eaten on their own or topped with fresh salsa or low-fat sour cream. Yield: 4 servings

Ingredients:

- 1 T Canola oil
- 1 each Yellow onion, chopped
- 1 tsp Cumin
- 1 tsp Chili powder
- 1 tsp Oregano, dried
- 8 oz. Mushrooms, sliced
- 3 cloves Garlic, minced
- 1 each Chicken breast, cooked, chopped
- 2 cups Spinach leaves, sliced into ribbons
- ¼ tsp Salt
- ¼ tsp Ground black pepper
- 4 each Whole-grain Flour tortillas, 10 inches
- 1 cup Mexican Cheese Mix, shredded

Garnish: Sour Cream, cilantro, salsa, avocado slices

Instructions:

1. Gather all ingredients and equipment.
2. Heat the oil in a large skillet over a medium heat. Toast cumin, chili powder, oregano in oil for one minute or until fragrant. Add the onions and mushrooms and cook until the moisture released from mushroom evaporates and they begin to brown, 5 to 7 minutes. Add the garlic and cook for 1 minute more.
3. Add cooked chicken, spinach, salt and pepper and cook until spinach is wilted, about 2 minutes.
4. Lay 1 tortilla on a flat work surface and sprinkle with 1/4 cup shredded cheese. Spoon 1/2 chicken and vegetable mixture on top of cheese, then top with an additional 1/4 cup cheese. Top with another flour tortilla.
5. Heat a large nonstick skillet with cooking spray over medium heat. Carefully place 1 quesadilla in pan and cook 3 minutes. Using a large spatula, gently flip quesadilla and cook an additional 3 minutes until lightly browned and cheese is melted. Repeat with second quesadilla.
6. Slice each quesadilla into eighths and serve with salsa or sour cream.

Nutrition Facts 450 calories | 8 g fiber | 18 grams carbohydrate | 186 mg sodium