



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

Clermont County Extension

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Recipe of the Month - July 2016

Sweet & Tangy Chicken Quesadillas

Serves 4

Serving Size: 1 quesadilla

Ingredients:

- 1 can (15 ounces) peaches in 100% juice
- 1 cup boneless skinless chicken, cut into bite-sized pieces
- 3/4 cup shredded cheese
- 4 8-inch whole wheat tortillas

Optional: black beans, cilantro, corn, jalapeño pepper, onion, salsa, tomato



Make MyPlate Your Plate

Directions:

1. Strain the juice from the peaches into a bowl. Cut peaches into small bite-size pieces. Set the peaches aside.
2. Heat a skillet to medium. Spray it with cooking spray. Add chicken and peach juice.
3. Cook the chicken, stirring occasionally, until internal temperature reaches 165°F. Remove chicken and peach juice from skillet.
4. Put 1/4 of each ingredient (chicken mixture, peaches, cheese, and optional ingredients) on half of each tortilla.
5. Fold the empty side of the tortilla over the cheese, chicken, and fruit like closing a book.
6. Cook quesadillas in skillet until lightly browned on both sides. Make sure they are warmed through and cheese is melted.

NUTRITION FACTS PER SERVING: 320 calories, 12 g total fat (6g sat. fat), 50 mg cholesterol, 480 mg sodium, 35 g carbohydrates, 4 g fiber, 11 g sugar, 21 g protein

*Recipe compliments of Iowa State University Extension:
Healthy & Homemade Meals 2016 Nutrition & Fitness Calendar*