

Colorful Quesadillas with Chicken



Cooking with

Kids!

Your kids can help spread the cream cheese mixture or put the chicken and veggies on the tortillas!

Additional Notes

Vegetable Ideas

Bell pepper, onions, corn, black beans, etc.

Cheese Options

You could use other kinds of cheese instead of mozzarella if you prefer.

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Utah State University Extension

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Ingredients

- 8 oz fat-free cream cheese
- 1/4 tsp garlic powder
- 8 small, whole wheat tortillas
- 2 cups chopped vegetables of your choice
- 2 cups chicken, cooked and cut into bite-sized pieces
- Mozzarella cheese, grated

Instructions

1. In a small bowl, mix the cream cheese and garlic powder.
2. Spread about 2 Tbsp of the cream cheese mixture on each tortilla.
3. Sprinkle 2 Tbsp of mozzarella cheese on one half of each tortilla.
4. Add 1/4 cup of diced veggies and 1/4 cup chicken to one half of each tortilla.
5. Top chicken and veggies with another 1-2 Tbsp of mozzarella cheese.
6. Fold tortilla in half
7. Heat a large skillet over medium heat. Place each tortilla on the skillet and heat for 1-2 minutes on each side, until golden brown.
8. Cut each quesadilla into four wedges. Serve warm.