



## **Chicken Quesadillas**

- 6 flour tortillas (whole-wheat optional)
- 1 (10 oz) can or 2 (5 oz) cans cooked chicken, drained and flaked
- 1 1/2 cup shredded cheddar cheese (or mixture of cheeses, cheddar, colby, Monterey Jack cheese)
- non-stick spray
- Optional Dip: reduced fat sour cream and/or salsa

On a separate plate or platter, build quesadillas (just like you would a pizza). On half of the tortilla, sprinkle 1/4 cup of cheese and top with chicken. Fold over the other half of the tortilla on top. Spray the inside of a large skillet, or electric skillet, with non-stick spray. Cook one side of the quesadilla at a time on medium heat for about 2 minutes, or until brown. Carefully flip with a spatula and cook on the other side until brown. Repeat until all quesadillas are done. Dip in reduced-fat sour cream or salsa if desired.

Quick Tips: This is a meal idea that can be made with many different ingredients, (continued on back)



## **Sloppy Joes**

- 1lb. ground turkey
- 1 1/2 cups ketchup
- 1 Tbsp. Worcestershire sauce
- 1 tsp. vinegar
- 1 tsp. mustard
- 1 Tbsp. water
- 4 hamburger buns or bread

In a large skillet, brown ground turkey and drain off grease. Add ketchup, Worcestershire sauce, vinegar, mustard and water. Simmer 5 minutes. Serve on hamburger buns or bread.



## Nutrition Facts

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**Servings Per Recipe 6**

**Amount Per Serving**

**Calories 281**

**54% of total calories from fat**

**Total Fat 17g**

**Sodium 566mg**

**\*Vitamin A 7%**

**\*Vitamin C 0%**

**\*Calcium 25%**

**\*Iron 11%**

\* Percentage Daily Values

depending on what's on hand (add black beans, pinto beans, or refried beans instead of chicken; cooked vegetables, such as frozen vegetable mixes, zucchini, spinach, sautéed onion, mushrooms, and bell peppers).

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Released by Kelly Cordray, MS, RD, LD, EFNEP Nutrition Specialist

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## Nutrition Facts

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**Servings Per Recipe 4**

**Amount Per Serving**

**Calories 389**

**28% of total calories from fat**

**Total Fat 12g**

**Sodium 1470mg**

**\*Vitamin A 19%**

**\*Vitamin C 24%**

**\*Calcium 10%**

**\*Iron 20%**

\* Percentage Daily Values

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