

# Spinach, Corn, and Chicken Quesadillas

Does the talk of creamy cheese, sweet corn, and spiced chicken excite your taste buds? Learn how to reinvent these traditional Mexican flavors at home by giving them a healthy spin!

## Goals of the Class

1. Understand the benefits of healthy sources of fat, whole grains, and lean proteins.
2. Learn the fundamental Mexican flavors and the process of Quesadilla making.
3. Be able to incorporate your favorite Mexican inspired ingredients into this base recipe.

## Nutrition Spotlight

When compared to flour tortillas, **whole wheat tortillas** contain more fiber. A diet high in fiber may help to reduce cholesterol, stabilize blood sugar, and aid in maintain a healthy weight.

This recipe serves as a quick and easy lunch or dinner that is a great base for adding all kinds of **vegetables!** To increase your vegetable intake try sliced peppers, red onions, sliced zucchini, or broccoli florets.

**A Dark, leafy green like spinach** provides cancer-fighting beta carotene and phytochemicals. They're also high in vitamins A and C, and calcium. In fact, the calcium in a cup of spinach nearly equals the amount in a cup of milk.

Ounce for ounce, **avocados** deliver 60 percent more potassium than bananas, and they're a good source of folate, vitamin B6, fiber and a variety of antioxidants.

**Yogurt** is an excellent source protein and calcium. As a probiotic, it will benefit your health by stimulating your immune system and promoting intestinal health. Greek yogurt has a thick smooth creamy consistency which makes it a great substitution for sour cream, heavy cream, and mayonnaise.

## Key Techniques & Helpful Hints

1. If you are used to white tortillas, try making the quesadilla with one whole wheat and one white tortilla. This may ease the transition into whole grains!
2. Try using corn tortilla for fresh twist on this classic, if you are on gluten free diet there are rice flour tortillas available at some grocery stores.
3. Change out cheese for variety or include a blend of cheeses, with either Swiss, Monterey Jack, or Queso Fresco.
4. Make vegetarian by using cooked black or pinto beans. For best results, mash slightly before adding to quesadilla.
5. Plain Greek yogurt has a mild flavor like sour cream but contains more protein for added benefit. Spice up this condiment by adding fresh lime juice, guacamole, cumin and paprika!
6. If another lean protein such as turkey or pork is leftover, absolutely substitute the leftovers for the grilled chicken!

# RECIPE

## Spinach, Corn, and Chicken Quesadillas

4 servings

### Ingredients

- 4 whole-wheat tortillas (8-inch)
- 3/4 cup low fat shredded cheddar cheese
- 1 cup (6 ounces) grilled chicken breast strips, shredded
- 3/4 cup steamed sweet corn, (frozen can used-thaw and drain)
- 1/3 cup frozen spinach, thawed and drained (shredded fresh can be used)
- 8 slices of avocado, about 3/4 of avocado
- 1/2 cup of your favorite salsa
- 1/4 cup low fat plain Greek yogurt or sour cream

### Directions

1. Place the tortillas on cutting board. On one side of each tortilla, arrange 2 tablespoons of cheese, shredded chicken, sweet corn, and 1 tablespoon of spinach. Top with an additional 1 tablespoon of cheese. Fold over tortilla to make a half moon. Repeat to make 4.
2. Heat a large non-stick pan over medium high heat.
3. Add two quesadilla and brown for 3 minutes. Turnover and brown other side, 3-5 minutes. Remove from pan and cook remaining two quesadillas.
4. Cut each quesadilla into 4 triangles. On each serving plate arrange 4 quesadilla triangles, 2 slices avocado, 2 tablespoons salsa, and 1 tablespoon Greek yogurt or sour cream.

CALORIES	FAT	SAT FAT	CARBS	PROTEIN	FIBER	SODIUM
361	13	6	35	27	6	870