

BEYOND HUNGER

Roasted Corn Quesadillas

This simple recipe is perfect for when short on time and is great to make when hosting friends. Whether dining alone or sharing a quesadilla with friends, this dish will be quick and easy to whip up. Swap out a white flour tortilla for a whole wheat tortilla to add whole grains and fiber to your meal.

Yields: 7 8-inch quesadillas

Serving Size: 1 quesadilla

Ingredients:

- 1 ½ cups cooked **chicken**, chopped
- 1 cup frozen roasted **corn** kernels
- 2 **green onions**, sliced
- 4 oz can diced **green chiles**, drained
- 4 oz shredded **cheese**
- ¼ teaspoon **cumin**
- ¼ teaspoon **salt**
- 7, 8-inch **tortillas**

Instructions:

1. Combine the chopped chicken, corn kernels (no need to thaw first), sliced green onions, diced green chiles, shredded cheese, cumin, and salt in a large mixing bowl. Stir everything until evenly combined.
2. Place 1/2 cup of mixture in each tortilla, spreading it over half of the surface. Fold the tortilla to close.
3. Repeat for each tortilla until you run out of the filling.
4. One by one, place quesadillas in a dry skillet over medium to low heat. Cook each side until the outside is brown and crispy and the inside is melted and gooey.
5. Cut each quesadilla into thirds and serve warm.

Per Serving: Calories 395 kcal, Carbohydrates 32g, Protein 38.2g, Saturated Fat 4.2g, Sodium 765mg, Fiber 1.3g, Sugars 2.7g