

Buffalo Chicken Dip Quesadilla

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Ingredients:

2 cups shredded
rotisserie chicken

1/2 cup buffalo wing sauce

1/4 cup lite ranch dressing

3/4 cup celery (diced)

1/8 cup cilantro (optional)

1/4 tsp salt

1/8 tsp pepper

4 whole wheat tortillas
(10 inches)

Cooking Spray

Directions:

Heat skillet or grill to medium heat.

In a small bowl, toss chicken, buffalo sauce, ranch, celery, salt, pepper and cilantro. Lightly grease pan with spray. Place tortilla on pan, top with 1/4 of chicken mixture and fold in half. Allow to cook for 2 minutes and flip for 2 minutes on the other side. Remove from heat and repeat the process for all four tortillas.

Cut each quesadillas into 4 portions.

Yields: 4 servings • Serv. size: 4 portions • Cals per serving: 295 • Fat per serving: 10 grams