

Buffalo Chicken Dip Quesadilla



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

Yields: 4 servings
Serving size: 4 portions
Calories per serving: 295
Fat per serving: 3.5 grams

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.

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