



Eat Well

Chicken & Wild Rice Quesadillas

Directions

Cook onion and garlic in 2 tbsp olive oil over medium heat until tender and fragrant. In a large bowl, mix together chicken, rice, onion mixture, and cheese. Put 1 tortilla on a cutting board and spread $\frac{1}{2}$ cup chicken mixture over half of the tortilla, then fold over and press firmly on the seam. Assemble additional tortillas. Heat the remaining oil in a large skillet over high heat, then reduce to medium and cook quesadillas, 1 or 2 at a time, depending on how large your pan is. Cook until cheese is melted and the tortilla is golden brown, about 2 minutes per side. Transfer to cutting board and cut in half. Serve with sour cream and salsa. Garnish with cilantro.

Servings: 6 (1 quesadilla)

Nutrition information per serving:

Calories 430, Fat: 22g, Sodium 480mg, Carbohydrates 32g, Protein 25g.

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Source: adapted from The Whole Grains Council

Ingredients

- » 4 Tbsp Olive Oil
- » 1 onion, chopped
- » 1 clove garlic, minced
- » 2 cups shredded cooked chicken
- » 1 cup wild rice, cooked
- » 1 cup shredded pepper-jack cheese
- » 6 multigrain tortillas
- » Reduced-fat sour cream
- » Salsa
- » Cilantro for garnish

