

Quick and Easy Chicken Quesadilla

CAL: 452 PROTEIN: 21 CARBS: 56 FIBRE: 5 FAT: 16



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SERVES:

1



TIME:

10 minutes



INGREDIENTS

1 tortilla (gluten free if required)
60ml tomato basil pasta sauce
60g cooked BBQ chicken
1 tbsp scallions, diced
50g cheese, shredded

INSTRUCTIONS

Lay tortilla flat on the bench.

Spread tomato basil sauce over half the tortilla.

Top with chicken, scallions and cheese.

Fold in half, place in a pan and heat over medium heat, flipping once, until cheese is melted and tortilla is slightly toasted.

MACROS

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