

## Quick Quesadilla



- 1 Mission Carb Balance Flour Tortilla
- ¼ cup shredded cheddar cheese
- ¼ c chicken breast, cooked and chopped
- ¼ avocado, chopped
- ¼ cup fresh salsa
- 2 oz chicken breast, cooked and chopped

Pre-heat non-stick skillet on medium-high. Place flour tortilla in skillet (no need to add oil or pan spray), spread chicken and cheese evenly over the tortilla and cook until cheese melts and bottom of tortilla is lightly browned. Top with chopped avocado and fresh salsa, fold in half, slice into wedges and enjoy. Makes 2 servings.

Nutrition information per serving: 192 calories, 12 grams protein, 10 grams fat, 18 grams carbohydrate, 472 mg sodium.