



Chicken Quesadillas

Great exciting lunch dish to keep the kids happy

Ingredients

Shredded roast chicken
2 spring onions
1 chopped pepper
2 tomatoes chopped
Grated Cheddar cheese (lower fat if possible)
Pack on 8 tortilla wraps – try wholemeal varieties
Optional – handful or chopped coriander

Method

Simple, easy, tasty lunch idea. Mix all ingredients together in a bowl (apart from the wraps). Heat a non-stick frying pan, place one wrap in the pan and top with a handful or two of the fillings mixture. Place a second wrap on top and press down. Cook for a couple of minutes on each time until browned. Remove from the pan, repeat for the remaining 3 quesadillas. Chop into quarters, serve with some fresh mixed salad and some optional chilli dipping sauce.

Top Tip - Quesadillas are a great substitute to a basic sandwich. Try using other leftover meats as well as mixes of different vegetables and herbs.