

Quesadilla Blast Salad

Recipe courtesy of hungry-girl.com

momlogic

Ingredients:

For Quesadilla:

1 La Tortilla Factory Whole Wheat Low-Carb/Low-Fat Tortilla (sometimes labeled Smart & Delicious Low Carb High Fiber), Original/Soft Taco size (NOT Large)

1/4 cup shredded fat-free cheddar cheese

For Salad:

3 cups chopped romaine lettuce

3 oz. cooked boneless skinless lean chicken breast, cut into strips

1/4 cup diced tomatoes

2 tbsp. canned sweet corn kernels, drained

1 tbsp. canned black beans, rinsed

1 tsp. fajita seasoning mix, dry

Optional: fresh cilantro

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For Dressing:

- 3 tbsp. fat-free balsamic vinaigrette
- 1 tsp. lemon juice
- 1 tsp. lime juice
- 1/2 no-calorie sweetener packet (like Splenda)

Directions:

Begin by mixing together the fajita seasoning mix and 2 tsp. water. Toss the chicken in this mixture, and set aside.

To make the quesadilla, place tortilla in a pan sprayed lightly with nonstick spray. Sprinkle cheese evenly over one half of the tortilla, and then bring the pan to medium heat. Once cheese begins to melt, use a spatula to fold the plain half of the tortilla over the cheese-topped half, and then press down with the spatula to seal. Flip quesadilla and continue to cook and press until the entire quesadilla is hot and toasty. Set aside.

Build your salad by layering the lettuce, tomatoes, corn, and black beans. Top with the chicken (heating it first, if you like). Cut the quesadilla into triangles, and place them around your salad. Then combine all of the dressing ingredients with 1 tsp. water, mix well, and serve on the side. If you like, garnish salad with cilantro. Enjoy! MAKES 1 SERVING