



Chicken Fajita Quesadilla



Developed by Hungry Girl. Brought to you by [Starkist](#). To find Starkist products near you, [click here](#)!

Entire recipe: 249 calories, 10g total fat (4.5g sat fat), 787mg sodium, 20g carbs, 10.5g fiber, 2g sugars, 28g protein

Green Plan [SmartPoints](#)® value 6*

Blue Plan (Freestyle™) [SmartPoints](#)® value 5*

Purple Plan [SmartPoints](#)® value 5*

Prep: 5 minutes **Cook:** 10 minutes



More: [Lunch & Dinner Recipes](#), [Recipes Developed for Our Partners](#), [Single Serving, 30 Minutes or Less](#)

Ingredients

- 1/4 cup thinly sliced bell pepper
- 1/4 cup thinly sliced onion
- 1/4 tsp. fajita seasoning
- One 2.6-oz. pouch [Starkist 25% Less Sodium Premium White Chicken](#)
- 1 low-carb flour tortilla with 70 calories or less
- 1/4 cup shredded reduced-fat Mexican-blend cheese
- Optional toppings: salsa, guacamole, light sour cream

Directions

Bring a skillet sprayed with nonstick spray to medium-high heat. Add pepper, onion, and seasoning. Cook and stir until softened, about 4 minutes.

Transfer veggies to a bowl. Stir in chicken.

Clean skillet if needed. Respray, and bring to medium heat. Add tortilla, and top with cheese.

Top one tortilla half with chicken mixture. Cook until cheese has melted, about 2 minutes.

Fold the cheese-only half over the filling with a spatula, and press lightly to seal. Carefully flip and cook until crispy, 1-2 minutes.

MAKES 1 SERVING

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.