



Chicken Fajita Quesadilla



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

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



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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

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