

# Chicken and vegie quesadillas

Recipe from Jess Tercier, Melville Senior High School Canteen

Traffic light category: **Green**

Serves: 45 (approximately 320g)

## Ingredients

- 3kg skinless chicken breast, cut into strips
- 2 tablespoons olive oil
- 8 green and 8 red capsicums, thinly sliced
- 4 red onions, finely sliced
- 3 tablespoons ground coriander
- 2 tablespoons smoked paprika
- 3 tablespoons ground cumin
- 3 tablespoons dried oregano
- 1kg canned crushed tomatoes, undrained
- 45 x 10-inch wholemeal tortillas
- 700g light sour cream
- 1.5kg reduced fat cheddar cheese, grated

## Method

1. Heat oil in 1 or 2 large frying pans over medium heat. Cook chicken in batches until brown and cooked through, remove and set aside
2. Cook capsicums and onions in pan juices. As vegetables begin to soften add spices, stir constantly until vegetables are cooked through
3. Add tomatoes, stir to combine. Return chicken to the pan, bring mixture to a simmer, remove from heat
4. Lay wraps out, spread  $\frac{3}{4}$  of a tablespoon of sour cream onto the middle of each wrap. Place approximately  $\frac{1}{2}$  cup of the chicken mix on top of sour cream, top with  $\frac{1}{4}$  cup grated cheese fold each of the four sides of the wrap into the middle to form a pocket shape. Grill in sandwich press until golden brown.

## Nutrition information panel

Nutrient	Per serve	Per 100g
Energy	2161kJ	668kJ
Protein	41.3g	12.7g
Total fat	19.4g	6.0g
Saturated fat	8.9g	2.7g
Carbohydrate	40.9g	12.6g
Sugars	10.1g	3.1g
Dietary fibre	5.1g	1.6g
Sodium	988mg	305mg



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