



April 2025
BONUS BLT's

**FIT
FOODIE
CHICKS**

CHICKEN PARM QUESADILLA

Serves 1

**BACK BY
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DEMAND**

INGREDIENTS

- 3 oz lightly breaded frozen chicken breast bites, such as Just Bare® (85 g)
- 1 low carb tortilla (70 calories)
- 1/2 c part-skim mozzarella cheese, shredded (56 g)
- 1 Tbsp grated Parmesan cheese (7 g)
- 1/4 tsp garlic salt
- 1/4 tsp Italian seasoning
- 3 Tbsp no sugar added pasta sauce (90 g)

DIRECTIONS

- 1** Cook chicken according to package directions
- 2** Heat a small skillet over medium heat, spray with cooking oil. Lay tortilla in the pan and evenly cover the entire tortilla with mozzarella, parmesan, garlic salt and Italian seasoning.
- 3** Place the cooked chicken evenly over 1/2 of the tortilla. Spread pasta sauce over the chicken. Allow to cook, open face until cheese is melted and bottom of tortilla is lightly browned.
- 4** Using a spatula, gently fold the tortilla in half and press down to help it hold it's shape. Cook an additional 1-2 minutes on each side, until golden brown.

FACTS

Total time: 15 min

MFP: "FFC Chicken Parm Quesadilla"

1 serving: 1 quesadilla

424 Calories

38P | 21F | 17C

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