

Greek Chicken Quesadilla



Servings: 2

Serving size = half of a quesadilla

Equipment:

Air fryer or oven, knife, cutting board, 1-2 baking sheets (if using the oven), flat top grill or large fry pan, measuring spoons

Ingredients:

- 1/2 of a boneless, skinless chicken breast, butterflied
- 2 slices of eggplant
- 1/4 medium red bell pepper, sliced
- 1/2 small white/yellow onion, sliced
- 1 cup raw spinach
- 1/2 medium tomato, sliced
- 8-10 Kalamata olives, pitted and sliced
- 1 Tbsp Feta cheese
- 1/2 cup grated part-skim Mozzarella cheese
- 1/2 tsp dried oregano
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/2 tsp lemon pepper
- 2 Low Carb burrito-sized tortillas



Check out our blog for a great White Bean Hummus recipe to pair with your quesadilla! Go to thebnnblog.com

Preparation:

1. Add veggies (except for spinach and olives) to air fryer pan or baking sheet and season with 1/2 of the seasonings. To a baking tray or on the air fryer tray with rack, add the chicken breast and season both sides with the remainder of the seasonings. Roast veggies and chicken at 400 degrees for ~ 20 minutes in oven or air fryer. Chicken juices should run clear to reflect doneness. Set aside.
2. Slice the chicken breast into strips.
3. Top bottom tortilla with roasted veggies, chicken, spinach, mozzarella cheese, feta cheese, and olives. Place second tortilla on top to form a quesadilla.
4. To a hot flat top pan or fry pan, add the quesadilla and cook ~ 2 minutes on each side to melt the cheese and create a browned tortilla.
5. Slice in half. Each half is a serving that can be cut into 3-4 pieces. Serve hot with hummus and/or Tzatziki sauce for dipping. Pairs well with a greek side salad!

Nutrition Facts per serving:
(Using Mission Carb Balance Burrito-Sized Flour Tortillas)

Calories
355.4

Total Fat 17.5g (22%)
Saturated Fat 6.6 g (33%)
Trans Fat 0.3g
Cholesterol 73.2mg (24%)
Sodium 1108.8mg (48%)
Total Carbohydrate 43.9g (16%)
Dietary Fiber 30.3g (108%)
Total Sugars 5.1g
Added Sugars 0g
Protein 33.2g
Vitamin D 0.1mcg (1%)
Calcium 368.5mg (28%)
Iron 2mg (11%)
Potassium 653.1mg (14%)

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