

Chicken Quesadillas with Pineapple Salsa



A light, healthy way to make quesadillas featuring our Ultragrain tortillas, pineapple, low-fat cheese and chicken.

Ingredients

4 Azteca Ultragrain tortillas

2 tablespoons pineapple salsa

1 tablespoon low fat sour cream

1 cup shredded low fat cheese

1 cup grilled chicken breast, chopped or shredded

1 tablespoon guacamole

Directions

Place one tortilla flat in a skillet or a cooking pan at medium heat. Spread shredded cheese on entire tortilla. Heat for 4 to 5 minutes or until cheese is melted and the tortilla is golden brown. Fold tortilla in a half moon over cheese. Serve with sour cream, guacamole and pineapple salsa.

Pineapple Salsa

2 cups of diced fresh or canned pineapple

2 T finely chopped cilantro

1 medium red pepper, finely diced

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1 small jalapeno, finely diced
Salt and pepper to taste
¼ cup finely diced red or white onion
Juice of one lime