



# SPEEDY MICROWAVE CHICKEN QUESADILLA

MACROS   SERVING SIZE	% CALORIES OF MACROS   SERVING SIZE	NUTRIENTS   SERVING SIZE
Protein 25g   Fat 21g   Carbs 56g	Calories 503   Protein 20%   Fat 37%   Carbs 44%	Fiber 12g   Sodium 1,113mg   Sat. Fat 10.43g

## INGREDIENTS (serves 4)

- 5-6 oz. of low-sodium canned chicken or turkey, drained and flaked
- 2 tsp. taco seasoning
- 1 1/4-1 1/2 oz. reduced sodium refried beans
- 4-5 oz. of sliced black olives, drained (optional)
- 4 oz. salsa
- 8 6 inch whole wheat tortillas
- 4 oz. shredded cheddar cheese
- Mixed salad greens
- Plain nonfat Greek Yogurt (optional)
- Juice of 1/2 lime (optional)

## DIRECTIONS

- In a medium-sized bowl empty the refried beans, taco seasoning and drained olives (optional), and lime juice (optional) and gently mix.
- Lay out 4 tortillas and then spread 1/4 of the mixture on each tortilla. Top the mixture with 1/4 of the chicken per tortilla and then top the chicken with 1 oz. of cheese. Finish by topping each with a tortilla.
- Place one quesadilla in the microwave, cover with a damp paper towel and cook for 60-70 seconds, or until heated through and the cheese is melted. Carefully remove from the microwave and top each with 1/4 of the salsa each salad greens, and a dollop of Greek yogurt (optional).
- Repeat step 3 for the remaining quesadillas.

## NUTRITION EDUCATION

When people don't have the time, they often sacrifice nutrition or a balanced meal and opt for what's convenient. Time limitations can impact your ability to plan your meals or the time you can commit to making a meal from scratch. When you're in a rush, you may be more likely to go through the drive-thru, popping in a prepared meal that can be high in sodium or snacking on anything you can get your hands on. Many things commonly reached for can be high in sodium and fat and full of empty calories.

A key strategy in addressing this need is to have a few easy meals you can make using a small amount of time and with whatever you have in your pantry. Another strategy to keep your diet high in nutritional quality is to keep nutritious snacks like cut-up vegetables, hummus, whole fruits, boiled eggs, etc., ready. Spend just 30 minutes on the weekend preparing your nutritious snacks for the week. Many pantry staples can help you make a balanced meal while aiming for optimal nutrition and high-performance fuels. By making small changes, you can make a meal more nutrient-dense to help you meet and maintain your health and fitness goals. Often, when we think about microwavable food, we automatically think about frozen or boxed items that are either overly processed and/or higher in fat and sodium than desired. But we can make several tasty and quick items in the microwave that are nutrient-dense and easy to reach when the dining facility is closed, or we don't feel like going out to obtain foods to curb our hunger. It doesn't have to be a choice between convenience and nutrient-dense. Nor do our taste buds have to suffer. Chicken quesadillas aren't just made on the stove or in the oven. You can skip the stove and go right to the microwave by using canned chicken.

This meal can be made in around 5 minutes using a whole grain tortilla, a lean protein, and a side salad. It's a high-nutrition and high-performance meal. It's also kid-friendly! One of the benefits of this meal is how versatile it is. It can be an easy, on-the-go breakfast, or the technique can be used to use up leftover cooked proteins and veggies.

## DIETITIAN TIP

Food is not nourishing unless it is consumed. Keep dietitian-approved pantry staples and frozen goods at the ready so they can be quickly combined to make a go-to meal when you are in a pinch for time or energy.

