

Low fat Chicken and Spinach Quesadillas  
By Chef Judi Gallagher

2 boneless chicken breast- sliced into strips, no skin  
2 teaspoons SPIKE-no sodium seasoning  
Fresh ground pepper to taste  
2 Tablespoons canola oil- separated

1-2 cups fresh spinach  
6 pieces Millet and Flax Lavash  
2 cups fat free cheddar cheese  
1 cup low fat mozzarella cheese

Fresh mango salsa  
Fat free sour cream to garnish

Children love these quesadillas and using the lavash makes them healthy. This is a simple way to introduce fresh spinach to children as well-

Heat medium pan and add 1 TBSP canola oil- season chicken on both sides and sear until lightly golden and cooked- about 10 minutes- set aside

In a separate large non stick pan- heat 1 TBSP canola oil. Add one piece of lavash- top with 1/3 of cheese, add sliced seasoned cooked chicken and top with some fresh uncooked washed spinach and more cheese- flip over when the lavash begins to brown and cheese melts- brown other side- remove from pan and let cool for 2 minutes before cutting into wedges-

Repeat

Serve with fat free sour cream and fresh salsa