



Poultry

Freezer Quesadillas

Recipes:	1	2	3	4	5	6
Servings:	8	16	24	32	40	48
Ingredients:						
Chicken; cooked and finely minced*	1-1/2 C.	3 C.	4-1/2 C.	6 C.	7-1/2 C.	9 C.
Reduced fat sour cream	1/4 C.	1/2 C.	3/4 C.	1 C.	1-1/4 C.	1-1/2 C.
Thick and chunky salsa	1 C.	2 C.	3 C.	4 C.	5 C.	6 C.
Shredded cheddar cheese	1/2 C.	1 C.	1-1/2 C.	2 C.	2-1/2 C.	3 C.
Shredded pepper jack cheese	1/2 C.	1 C.	1-1/2 C.	2 C.	2-1/2 C.	3 C.
Chili powder	1 t.	2 t.	1 T.	1 T. + 1 t.	1 T. + 2 t.	2 T.
Flour tortillas; 6-inch	8	16	24	32	40	48

Assembly Directions:

In a mixing bowl, mix chicken, sour cream, salsa, cheeses and chili powder.

Freezing Directions:

Place chicken mixture in a quart-sized freezer or storage bag. Seal. Place quart-sized freezer bag inside of a gallon sized freezer bag. Add tortillas. Seal, label and freeze.

Serving Directions:

Thaw contents of the quesadilla kit. Remove tortillas and separate. Lay them out on a flat surface, such as a clean counter, and divide the filling evenly between the tortillas. Fold each tortilla in half. Spray a fry pan with cooking spray. Cook the quesadillas one at a time in the pan, lightly browning them on each side. The cheese in the filling should melt. After each one is done, remove it from the pan. Using a pizza cutter cut each quesadilla into 3 pieces.

Comments:

*You can easily mince chicken in a food processor or mini-chopper.

My kids love these! It's nice to have the filling totally ready and in a kit form. It makes it a convenient recipe to serve when you have unexpected company or for those football Saturdays.

Nutritional Info:

Per Serving: 190 Calories; 6g Fat (28.9% calories from fat); 13g Protein; 20g Carbohydrate; 2g Dietary Fiber; 30mg Cholesterol; 362mg Sodium.

Exchanges: 1 Grain (Starch); 1-1/2 Lean Meat; 1/2 Vegetable; 1 Fat.

[<<<< Back](#)

30 Day Gourmet
P.O. Box 272
Brownsburg, IN 46112
www.30DayGourmet.com

This page was last updated on Friday, November 04, 2005.

Copyright 2003 - 30 Day Gourmet. All rights reserved.