

# Lunch

## RECIPE CARD

### Quick & Easy Quesadillas

RECIPE NAME

Lunch

MEAL TIME

5 minutes

PREP TIME

10 minutes

TIME TO COOK

Can be enjoyed cold and they make a great packed lunch alternative

Why not swap the chicken for a low-fat version of halloumi

Fry these in a pan or use a grill or a sandwich press if you have one

NOTES

Approx 618kcal

CALORIES

INGREDIENTS

- Low-Calorie Cooking Spray
- 2 wholemeal tortilla wrap
- 40g Low fat cheese
- 1/2 pack (approx 80g) ready to eat chicken
- 1 green or red pepper, seeds removed, finely diced
- 30g sweetcorn

METHOD

☆☆☆ Place the chicken, pepper and sweetcorn evenly on the first tortilla

☆☆☆ Sprinkle the cheese over and cover with the second tortilla

☆☆☆ Heat a pan over medium heat and spray with low calorie cooking spray

☆☆☆ Carefully place the quesadilla in the pan, squeeze the quesadilla down with a flat spatula. Cook for 2-4 minutes each side until crispy and golden

☆☆☆ Cut into slices and serve