Chicken Quesadillas
6 flour tortillas (whole-wheat optional)
1 (10 oz) can or 2 (5 oz) cans cooked chicken, drained and flaked
1 1/2 cup shredded cheddar cheese (or mixture of cheeses, cheddar, colby, Monterey Jack cheese)
non-stick spray
Optional Dip: reduced fat sour cream and/or salsa

On a separate plate or platter, build quesadillas (just like you would a pizza). On half of the tortilla, sprinkle 1/4 cup of cheese and top with chicken. Fold over the other half of the tortilla on top. Spray the inside of a large skillet, or electric skillet, with non-stick spray. Cook one side of the quesadilla at a time on medium heat for about 2 minutes, or until brown. Carefully flip with a spatula and cook on the other side until brown. Repeat until all quesadillas are done. Dip in reduced-fat sour cream or salsa if desired.

Quick Tips: This is a meal idea that can be made with many different ingredients, (continued on back)

Sloppy Joes
1 lb. ground turkey
1 1/2 cups ketchup
1 Tbsp. Worcestershire sauce
1 tsp. vinegar
1 tsp. mustard
1 Tbsp. water
4 hamburger buns or bread

In a large skillet, brown ground turkey and drain off grease. Add ketchup, Worcestershire sauce, vinegar, mustard and water. Simmer 5 minutes. Serve on hamburger buns or bread.
**Nutrition Facts**

**Servings Per Recipe** 6  
**Amount Per Serving**

<table>
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<th>Calories</th>
<th>281</th>
<th>54% of total calories from fat</th>
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<td>Sodium 566mg</td>
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<tr>
<td>Vitamin A</td>
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<td>Vitamin C 0%</td>
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<tr>
<td>Calcium</td>
<td>25%</td>
<td>Iron 11%</td>
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</table>

depending on what’s on hand (add black beans, pinto beans, or refried beans instead of chicken; cooked vegetables, such as frozen vegetable mixes, zucchini, spinach, sautéed onion, mushrooms, and bell peppers).

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**Nutrition Facts**

**Servings Per Recipe** 4  
**Amount Per Serving**

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<th>Calories</th>
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<th>28% of total calories from fat</th>
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<td>Fat</td>
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<td>Vitamin C 24%</td>
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<tr>
<td>Calcium</td>
<td>10%</td>
<td>Iron 20%</td>
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* Percentage Daily Values

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