

CHICKEN & BLACK BEAN QUESADILLAS

1 low carb tortilla or flavored wrap
1/4 cup black beans
1/4 cup sweet yellow corn
2 jumbo black olives, sliced
1/4 cup reduced fat cheddar cheese
1 – 2 oz chicken breast without skin
1/4 cup fresh dices tomatoes

Salt and pepper to taste
1 Tbsp of extra virgin olive oil
1 Tbsp paprika
2 Tbsp chili powder
1-1/2 tsp onion power
1/2 tsp garlic powder
1/2 tsp cumin

Rub dry spices (last five ingredients) on chicken breast. Grill or sauté chicken to 165 degrees. Chop the cooked chicken and combine with all other ingredients. Place the mixture inside the tortilla, fold and pan sear both sides in 1 Tbsp of extra virgin olive oil until golden brown.

Makes a single serving

Calories: 333.3

Total Fat: 13.3 grams

Cholesterol: 44.9mg

Total Carbs: 33.2 grams

Dietary Fiber: 12.5 grams

