

# Chicken and Vegetable Quesadilla

For this dish, I recommend using leftover chicken or a pre-roasted chicken from the supermarket.

## Salsa:

1 ripe papaya (about 1 lb.), peeled, seeded, and diced  
2 ripe plum tomatoes, seeded and diced  
1½ tsp seeded, minced jalapeño  
1/4 cup finely chopped red onion  
2 Tbsp chopped fresh cilantro  
Finely grated zest of 1 lime  
1/4 cup fresh lime juice

4 flour tortillas (7½-inch diameter)  
4 oz. (about 1 cup) grated Monterey Jack cheese  
1/2 cup shredded cooked chicken  
4 small white mushroom caps, thinly sliced  
2 scallions, including 3 inches of green, sliced thin on a diagonal  
1/4 cup loosely packed basil leaves, slivered  
2 Tbsp sour cream

1. Prepare the salsa. Gently fold together all the salsa ingredients in a bowl. Refrigerate, covered, until ready to use, up to 4 hours.
2. Sprinkle 2 tortillas evenly with half of the cheese. Scatter the chicken, mushrooms, scallions, and basil equally over the cheese. Dot both with sour cream. Sprinkle with the remaining cheese.
3. Place a second tortilla over each, creating a sandwich, or quesadilla.
4. Heat a nonstick dry skillet over medium heat. Place a quesadilla in the skillet and cook, turning once, until tortilla browns slightly, 3 to 4 minutes per side. Remove to a low oven to keep warm. Repeat.
5. Cut each quesadilla into quarters. Top with salsa.

Serves 4. Per serving: 350 calories, 36g carbs, 18g protein, 15g fat, 40mg cholesterol.