

# 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
- ¼ cup finely chopped red onion
- 2 Tbsp chopped fresh cilantro
- Finely grated zest of 1 lime
- ¼ cup fresh lime juice

- 4 flour tortillas (7½-inch diameter)
- 4 oz. (about 1 cup) grated  
Monterey Jack cheese
- ½ cup shredded cooked chicken
- 4 small white mushroom caps,  
thinly sliced
- 2 scallions, including 3 inches of  
green, sliced thin on a diagonal
- ¼ 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.