

### **Recipe: Easy Chicken Quesadillas**

*Be creative with toppings! Some other ideas: cooked ground turkey, tomatoes, basil, olives, baby spinach, mozzarella cheese, or shredded carrots. Prep all the toppings before you start cooking, as this recipe takes just minutes to heat up. To keep it IBS-friendly, think of avocado as a garnish, not a fruit or vegetable. This easy recipe was developed with assistance from University of New Hampshire student Maddy Van Dussen.*

#### **Ingredients:**

- 1 teaspoon olive oil
- 2 corn or rice tortillas
- 1/2 cup shredded Cheddar cheese
- 2 tablespoons chopped scallion greens
- 1/3 cup shredded cooked chicken
- 1/3 cup arugula or lettuce
- 3 tablespoons avocado, diced

#### **Procedure:**

- In a small skillet, heat one-half teaspoon of oil over medium heat. Add one tortilla to the skillet and cover it with a third of the cheese. When the cheese is melted and the tortilla is a little crispy, about 3 minutes, remove it to a plate. Add remaining oil to the skillet, place the second tortilla in the skillet, and sprinkle it with the rest of the cheese. Add scallion greens, chicken, arugula, and avocado. Place the first tortilla on top, cheese side down. Cook until the bottom tortilla is golden brown and cheese is fully melted.
- Remove from the skillet and cut into wedges. Serve immediately.

**Servings:** 2