

# CHICKEN, KALE, AND BLACK BEAN QUESADILLAS

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## INGREDIENT LIST:

1 poblano pepper	2 cups chopped or shredded cooked chicken (cooked leftovers or rotisserie chicken are options)
2 cups baby kale	1½ cups (6 ounces) shredded Mexican Blend cheese
2 tablespoons water	
¼ teaspoon salt	
1 cup rinsed and drained no-salt added canned black beans	
4 (8 inch) whole-wheat flour tortillas	

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## DIRECTIONS:

Place poblano pepper on foil under broiler until skin blisters and darkens, about 5 minutes. Seal in foil until cool enough to handle — about 5 minutes, remove skin, seeds and stem; dice.

Heat water in small skillet. Add kale and salt, stir until kale is wilted, remove from heat. Place ½ cup beans in a bowl; mash. Add remaining ½ cup beans, diced poblanos and kale; mix. Divide bean mixture among tortillas, top with chicken and cheese. Fold each tortilla in half over filling and lightly coat with cooking spray (on both sides).

Heat skillet to medium heat. Add 2 quesadillas; cook until lightly browned on each side (about 2 minutes per side). Repeat with remaining quesadillas. Cut each quesadilla into 3 pieces.

**Servings:** 6 (2 pieces per serving)

**Calories/Serving:** 307

**Nutrition:** One serving provides approximately: 24 g Protein, 23 g Carbohydrates, 5 g Fiber, 14 g Fat (6 g saturated), 62 mg Cholesterol, 33 mcg Folate, 1.5 mg Iron, 499 mg Sodium



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