

# Confetti Chicken Quesadillas

**1** small green bell pepper, seeded and diced

**1** small red bell pepper, seeded and diced

**1 tablespoon** hot pepper, minced (optional)

**1 pound** skinless, boneless chicken breast, diced

**1 (1 ounce)** packet fajita seasoning mix

**1 tablespoon** olive oil

**10 (10 inch)** whole-wheat tortillas

**1 (8 ounce)** package reduced fat cheddar cheese, shredded

**Preheat** the broiler and prepare baking sheet with non-stick spray. **Toss** the diced chicken with the fajita seasoning and place on the baking sheet. **Spread** chopped peppers on baking sheet. **Place** under the broiler and broil until the chicken pieces are thoroughly cooked and no longer pink in the center, about 10 minutes. **Brush** skillet with oil and heat to medium. **Place** one tortilla in skillet. **Layer** half of tortilla with approximately one-third cup chicken

and pepper mixture. **Sprinkle** with 3 tablespoons cheddar cheese. **Fold** over and flip tortilla to crisp other side. Repeat until all quesadillas have been prepared. **Cut** each quesadilla into wedges and serve with salsa, if desired.

**Yield:** 10 servings

**Nutritional Analysis:** 270 calories, 10 g fat, 3 g saturated fat, 40 mg cholesterol, 880 mg sodium, 2 g sugar, 23 g carbohydrate, 2 g fiber, 19 g protein



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.

# Kentucky Peppers

**SEASON:** June through the first frost, usually September.

**NUTRITION FACTS:** Sweet peppers are low in calories, high in vitamin C and a good source of vitamin A. One raw, medium-sized pepper contains about 20 calories. Red peppers are higher in both vitamins C and A than green peppers.

**SELECTION:** Select peppers that are heavy for their size, with bright, shiny skins. Avoid flabby, wrinkled or soft peppers.

**STORAGE:** Store in the refrigerator for 3 to 5 days. Place them in the vegetable crisper or in plastic bags.

**PREPARATION:** To prepare peppers, wash carefully without bruising.

**Source:** [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

Peppers can be served raw, grilled, stuffed or roasted. Add them to salads, casseroles or Chinese and Mexican dishes.

**PRESERVING:** Wash, stem and seed peppers. Package, leaving no head space. Seal and freeze.

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## KENTUCKY PEPPERS

### Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences

University of Kentucky, Dietetics and Human Nutrition students

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