



## SW BBQ Chicken Quesadilla



Entire recipe: 299 calories, 7.75g total fat (3.5g sat. fat), 940mg sodium, 35g carbs, 7g fiber, 7g sugars, 27g protein

**Prep:** 10 minutes    **Cook:** 5 minutes

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### Ingredients

- 1 tbsp. BBQ sauce with 45 calories or less per 2-tbsp. serving
  - 1 wedge The Laughing Cow Light Creamy Swiss cheese
  - 1 medium-large high-fiber flour tortilla with 110 calories or less
  - 2 oz. cooked and shredded (or finely chopped) skinless chicken breast
  - 2 tbsp. shredded reduced-fat Mexican-blend cheese
  - 1 tbsp. canned black beans, drained and rinsed
  - 1 tbsp. frozen sweet corn kernels, thawed
  - 1 tbsp. chopped scallions
- Optional toppings: salsa, fat-free ranch dressing, additional BBQ sauce

### Directions

In a small bowl, mix BBQ sauce with cheese wedge until blended. Lay tortilla flat and spread BBQ-cheese mixture on one half. Top mixture with remaining ingredients.

Spray a grill or grill pan with nonstick spray and bring to medium-high heat. Lay the half-loaded tortilla on the grill/grill pan, and cook for 2 minutes.

Using a spatula, fold the bare half of the tortilla over the filling and press lightly to seal. Carefully flip and cook until crispy, about 3 minutes. Slice into wedges and eat up!

#### MAKES 1 SERVING

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