



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

Green Plan [SmartPoints](#)® value 8*

Blue Plan (Freestyle™) [SmartPoints](#)® value 6*

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



Tagged: [Lunch & Dinner Recipes](#), [Single Serving](#), [30 Minutes or Less](#)

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

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.