

Quesadillas

Serves 4



Ingredients

- 4 (8-inch) flour tortillas
- 225g/8oz cooked chicken breasts, chopped (optional)
- 110g/4oz reduced-fat cheddar cheese, grated
- 1 tablespoon low fat sour cream/crème fraiche/mayonnaise (optional)
- 1 red pepper, diced
- 1 onion, diced
- 2 tomatoes, chopped
- 1 small can sweetcorn, drained
- Handful mushrooms, diced
- Cajun spice/chilli powder/herbs

Method

1. Preheat oven to gas mark 6/400°F/200°C.
2. On one half of each tortilla, spread ½ tablespoon of the sour cream/crème fraiche/mayonnaise and sprinkle with the Cajun spice, chilli or herbs of your choice.
3. Top each half of the tortilla with chicken, cheese and vegetables. Try not to put too much cheese in or over fill it.
4. Fold tortillas in half, over the filling, pressing firmly.
5. Repeat with the other tortillas.
5. Place on a baking tray and cook until tortillas are golden and the cheese is melted- approx 15 minutes.