

DASH EATING PLAN

Chicken Quesadillas

With Red and Green Salsa

HEALTHY EATING, PROVEN RESULTS

Flavorful fresh salsa that can be made a day in advance transforms this easy meal that is complete with Spanish rice, pineapple salsa, and low-fat Greek yogurt.



Delicious heart healthy recipes are as good for your heart as they are for your taste buds! The [Heart Healthy Eating webpage \(healthyeating.nhlbi.nih.gov\)](http://healthyeating.nhlbi.nih.gov) features this recipe and more than 100 others created for the National Heart, Lung, and Blood Institute (NHLBI). Along with heart healthy recipes from cuisines around the world, there is plenty of information about food shopping, cooking, and eating healthfully for the entire family.

DASH EATING PLAN

The DASH Eating Plan is a heart healthy approach that has been scientifically proven to lower blood pressure and have other health benefits. To learn more, go to www.nhlbi.nih.gov/DASH.



National Heart, Lung, and Blood Institute

Chicken Quesadillas With Red and Green Salsa

Number of servings from each DASH Food Group in the suggested meal featuring this recipe

2¼
Grains

1
Vegetables

¼
Fruits

1
Dairy

3
Meats, Fish, and Poultry

0
Nuts, Seeds, and Legumes

0
Fats and Oils

0
Sweets and Added Sugars

INGREDIENTS

FOR SALSA:

4 medium tomatoes, rinsed and diced (about **2 cups**)

½ cup red onion, diced

1 medium jalapeño chili pepper, rinsed and split lengthwise—remove seeds and white membrane, and mince (about **2 tbsp**); for less spice, use green bell pepper

2 tbsp lime juice (or about 4 limes)

2 tbsp fresh cilantro, rinsed and chopped (or substitute **2 tsp** dried coriander)

1 tsp ground cumin

FOR QUESADILLAS:

12 oz boneless, skinless chicken breast, cut into thin strips

4 (10-inch) whole wheat tortillas

¼ tsp salt

½ tsp chili sauce

2 oz pepper jack cheese, shredded (about **½ cup**)

1 tbsp pine nuts, toasted (optional)

Cooking spray

DIRECTIONS

- 1 For salsa, combine all ingredients and toss well. Chill in refrigerator for at least 15 minutes. (Salsa can be made up to 1 day in advance and refrigerated.)
- 2 Preheat oven broiler on high temperature, with the rack 3 inches from heat source.
- 3 Cut chicken into thin strips, and place them on a baking sheet coated with cooking spray. Broil for 8-10 minutes.
- 4 To assemble the quesadillas, place four whole wheat tortillas on the countertop or table. Top each with one-quarter of the sliced cooked chicken, salt, chili sauce, cheese, and pine nuts (optional).
- 5 Fold tortillas in half to close, and carefully transfer to a baking sheet lined with parchment or wax paper.
- 6 Bake quesadillas at 350°F for 5-10 minutes or until the cheese is melted.
- 7 Serve one quesadilla with ½ cup salsa on the side.

MAKES 4 SERVINGS

Each serving provides 339 calories, 11g total fat, 3g saturated fat, 62mg cholesterol, 453mg sodium, 26g protein, 32g carbohydrates, 454mg potassium, 4g total fiber.



Prep time
30 minutes

Cook time
10 minutes

Yields
4 servings

Serving Size
1 quesadilla
½ cup salsa

TIP Round out this meal with Spanish Rice, Pineapple Salsa, and low-fat Greek yogurt.