

Chicken QUESADILLA CASSEROLE

A fun variation of a family favorite, this Chicken Quesadilla Casserole is the ultimate comfort food loaded with veggies, cheese, and of course queso!



Nutrition Facts	
servings per container	
Serving size	(349g)
Amount per serving	
Calories	490
	% Daily Value*
Total Fat 16g	21%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 70mg	23%
Sodium 1360mg	59%
Total Carbohydrate 57g	21%
Dietary Fiber 5g	18%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 32g	
Vitamin D 0mcg	0%
Calcium 372mg	30%
Iron 5mg	30%
Potassium 325mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Prep time: 20 minutes
Cook time: 40 minutes
Serves: 4 - 6 People

INGREDIENTS:

1 cup Cherry Tomatoes, halved
1 Bell Pepper, any color, diced
2 cups shredded chicken breasts, cooked
1 can black beans, drained & rinsed
1 cup corn
1 red onion, diced
¼ cup fresh cilantro, chopped
½ tbsp. chili powder
½ tbsp. cumin
1 lime, zested & juiced
Non-stick cooking spray
1 cup cheddar cheese, shredded
½ cup queso fresca, crumbled
1 bunch green onions, sliced (for garnish)
Salt and pepper to taste
3-4 12" flour tortillas
Sour cream or low-fat Greek yogurt

CHEF'S TIP:

This recipe can be customized to include your favorite ingredients. Swap the flour tortillas for corn, add more toppings like jalapenos, avocado, or black olives, or add in your go-to hot sauce or homemade salsa.

STEPS:

- Wash all produce before cooking.
- Preheat oven to 400 degrees.
- In a large mixing bowl, combine Tomatoes, Peppers, black beans, corn, red onions, chili, cumin, limes, cilantro, and salt and pepper. Allow to sit for 10-15 minutes before cooking. Drain excess liquid before building your casserole.
- Spray a 12" pie dish with non-stick spray. Lay one tortilla on the bottom of the dish, followed by about a quarter of your vegetable mixture. Then add a quarter of your shredded chicken and a quarter of your shredded cheddar cheese. Continue layering your casserole until you add your final tortilla on top.
- Add crumbled queso fresca on top of your last tortilla, as well as any leftover vegetable mixture.
- Bake in the oven for 35-40 minutes. Garnish with green onions. Allow to cool before cutting the casserole into pie-shaped servings. Serve and enjoy!



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