

# Healthy Harvest® Pasta Sauce Italian Style Cheesy Chicken Quesadillas

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Preparation Time: 15 minutes

Cooking Time: 10 minutes

Servings: 4



*This unique twist on the typical Quesadilla recipe is a delicious option for an appetizer or a family favourite meal.*

## Ingredients

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1 cup **Healthy Harvest® Pasta Sauce, Tomato and Basil,**  
divided

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2 cups (500 mL) chopped cooked chicken

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1 cup (250 mL) chopped baby spinach

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1 red pepper, chopped

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1/2 small red onion, thinly sliced

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1/4 cup sliced green olives (optional)

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2 cups shredded part skim mozzarella or provolone cheese

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4 large flour tortillas

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Sour cream

## Instructions

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1. Toss the chicken with the spinach, red pepper, red onion, olives (if using) and 1/2 cup (125 mL) pasta sauce. Sprinkle half the cheese on one side of each tortilla. Divide the chicken mixture evenly over the cheese and top with remaining cheese. Fold over the tortilla to enclose the filling.
  2. Set a large, nonstick skillet over medium heat and coat with cooking spray. Place 2 quesadillas in the skillet and cook for 2 to 3 minutes per side or until lightly toasted and cheese is melted. Repeat with remaining quesadillas. Serve with remaining tomato sauce and sour cream for dipping.
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Tip: Add hot pepper rings to the quesadillas for a spicy kick.

Nutritional Information per serving:

392 calories, 14 g fat, 0.8 g saturated fat, 103 mg cholesterol, 894 mg sodium, 19 g carbohydrates, 3 g fibre, 9 g sugar, 42 g protein.



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