

# Dragon Quesadilla

Bay Arenac ISD Career Center



## Ingredients

8 oz. chicken breast  
8 oz. (1 c.) brown rice  
3 oz. (about ½ c.) pepper,  
Red, orange or yellow  
2 ½ oz. black beans, canned  
6 oz. cheddar, shredded  
¼ tsp. garlic powder  
¼ tsp. cayenne powder  
¼ tsp. cumin  
¼ tsp. smoked paprika  
Salt and pepper  
2 tortillas, whole grain, low  
carb

## Directions

Cook Chicken breast to 165 degrees.  
(Grilled preferred but baked is fine)  
Cool enough to shred, two forks work  
well for this.  
Finely chop the peppers, mix the  
seasoning in a bowl and toss with the  
peppers. Sauté the peppers and rice.  
Add ¼ cup of water to the pan, cover  
and steam 10 min. Add the shredded  
chicken.

Place tortilla on a pan with low sides,  
layer on beans, cheese and chicken  
mixture. Heat until cheese is melted  
carefully flipping so bottom does not  
burn.

## Nutritional Information

Calories per serving  
Total Fat  
    Saturated Fat  
Cholesterol  
Sodium  
Total Carbohydrates  
    Dietary Fiber  
Protein

## Servings 2

341  
11g  
4g  
65mg  
611mg  
35g  
7g  
30g