

INGREDIENTS

- 1 cup shredded cooked chicken
- 1 1/4 cups shredded Mexican blend cheese
- 2 tbsp. Buffalo wing sauce
- 1 tsp. dry ranch seasoning
- 1 tbsp. butter
- 3 fajita-size flour tortillas (6")
- 1 tbsp. ranch salad dressing

INSTRUCTIONS

1. Mix the chicken, **1/4 cup** cheese, wing sauce and ranch seasoning.
2. Heat the butter in a large skillet over medium heat. Add the tortillas and cook for 30 seconds on each side. Remove from skillet.
3. Sprinkle **1/2 cup** cheese in skillet. Arrange tortillas over cheese in skillet.
4. Layer **each** tortilla with **one-third** of the chicken mixture, **1 tbsp.** cheese, **1 tsp.** dressing and **another 1 tbsp.** cheese.
5. Fold tortillas over filling and lightly press to close. Cook 1 min. on each side or until golden brown (*the cheese from the bottom of the skillet will form a crust on the outside of the quesadillas- so delicious!*).
6. Sprinkle with chopped fresh parsley, if desired.

*Hell
Yes*

Buffalo Chicken Quesadillas



Makes 3



15 min.

Does it matter what kind of cooked chicken I use?

It doesn't matter. Any leftover cooked chicken will work, or you can use rotisserie chicken (*those tend to be higher in sodium, though*).

Are Buffalo wing sauce and hot sauce the same thing?

Buffalo wing sauce and hot sauce are slightly different. Wing sauce is generally hot sauce with other ingredients added, usually something like butter or butter flavor, and some additional seasonings. Wing sauce tastes smoother and more buttery (obviously) than hot sauce.

NUTRITION (PER QUESADILLA)

Calories 431, Total Fat 27 g, Carbs 25 g, Sugars 1 g, Protein 21 g, Sodium 908 mg, Fiber 0 g

