

Persimmon and Chicken Quesadillas

Submitted by Laura Kirschmann

Prep Time: 14 minutes/Total Time: 30 minutes/Servings: 4

Nutrition (per serving): 260 cal, 22 g protein, 35 g carb, 3 g fiber, 0 g sugar, 7 g fat, 4 g sat fat, 470 mg sodium



Ingredients

- 2 thinly sliced persimmons (Fuyu preferred)
- 6 oz cooked, chopped chicken
- 3/4 c shredded radicchio
- 3 oz diced camembert cheese
- 8 6" whole-wheat tortillas

Preparation & Serving

- Mix thinly sliced persimmons, chopped chicken, shredded radicchio, and camembert cheese.
- Place one 6" tortilla in a skillet and spread with one-quarter of the chicken mixture. Top with a second tortilla and lightly spray with olive oil.
- Cook on medium-high heat until golden, about 2 minutes; flip and cook second side.
- Repeat for remaining three quesadillas.



A 30th Anniversary Recipe