

# 6-INGREDIENT SPINACH ARTICHOKE QUESADILLAS



**Makes:** 4 servings

**Serving Size:** 1 quesadilla

**Nutrition Information:**

Calories: 426, Protein: 39g,  
Fat: 17g, Carbs: 34g, Fiber:  
6g, Sugars: 7g

## INGREDIENTS

cooking spray (or avocado or olive oil spray)  
12 ounces chopped or shredded rotisserie chicken, white meat only – no skin  
15-ounce can artichoke hearts, drained and chopped  
1 red bell pepper, chopped into thin slices  
4 cups spinach  
4 whole wheat tortillas  
1 1/3 cups shredded Monterrey jack or mozzarella cheese

## PREPARATION

Remove the skin from a rotisserie chicken and pull out the white meat. Chop into pieces.

Set a nonstick skillet on medium-high heat. Once hot, spray with avocado oil and toss in chopped artichoke hearts and bell pepper. Cook until the artichoke softens and the edges of the bell pepper have seared. Toss in the spinach and continue cooking until it wilts. Remove from the skillet.

Set skillet back on the heat. To half of a whole wheat tortilla, add some cheese (half of 1/3 cup), then the artichoke mix, chicken, then the remaining cheese (from the 1/3 cup).

Fold the quesadilla to close, then place it on the skillet. Cook until the outside is crispy and golden (about 3 – 5 minutes), then flip it over to cook the other side.

Enjoy with fresh guacamole, pico de gallo, or your favorite salsa!



Source:

[https://fitmencook.com/  
spinach-artichoke-quesadillas/](https://fitmencook.com/spinach-artichoke-quesadillas/)