

Chicken, Mushroom, and Gruyere Quesadillas

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Build on the traditional Mexican classic by adding fun new ingredients like sliced mushrooms and a different creamy cheese. Watermelon-jicama salad is a refreshing side dish for this easy summer dish.

INGREDIENTS:

1 teaspoon olive oil
1 cup presliced mushrooms
½ cup thinly sliced onion
1/8 teaspoon salt
1/8 teaspoon freshly ground black pepper
1 teaspoon bottled minced garlic
1 tablespoon sherry or red wine vinegar
2 (10-inch) fat-free flour tortillas
1 cup shredded cooked chicken breast (about 8 oz.)
1 cup arugula
½ cup (2 ounces) shredded Gruyere cheese (note: pick another cheese!)
Cooking spray

DIRECTIONS:

1. Heat a large nonstick skillet over medium-high heat. Add olive oil to pan; swirl to coat. Add mushrooms, sliced onion, salt, and pepper to pan; sauté 5 minutes. Stir in garlic, and sauté 30 seconds. Add vinegar; cook 30 seconds or until liquid almost evaporates.
2. Arrange half of mushroom mixture over half of each tortilla. Top each tortilla with ½ cup chicken, ½ cup arugula, and ¼ cup cheese; fold tortillas in half.
3. Wipe pan clean with a paper towel. Heat pan over medium heat. Coat pan with cooking spray. Add tortillas to pan. Place a heavy skillet on top of tortillas; cook 2 minutes on each side or until crisp.

Watermelon-jicama salad: Combine 4 cups (1/2-inch) cubed seedless watermelon, 1 ½ cups (1/2-inch) cubed peeled jicama, 1 cup chopped English cucumber, and ½ cup chopped red onion. Add 2 tablespoons fresh lemon juice, 2 teaspoons sugar, and 1 teaspoon olive oil; toss well.

Yield: 4 servings (serving size: ½ quesadilla)