

# Chick'n "Queso"-Dilla



PREP TIME

25 mins

COOK TIME

25 mins

TOTAL TIME

50 mins



COURSE

Dinner, Lunch



CALORIES

316 kcal

## EQUIPMENT

- blender
- saucepan
- whisk
- rubber spatula
- Air fryer or skillet
- Large skillet

## INGREDIENTS

### For the cheese sauce:

- 1 15 oz package of silken tofu
- 2 teaspoons of apple cider vinegar
- 2 teaspoons of lemon juice
- 1 tablespoon cashew butter
- 4 tablespoons PB2 powdered cashew butter
- 1 tablespoon nutritional yeast
- 2 tablespoons of tapioca starch or cornstarch
- 2 tsp iodized salt or salt to taste
- 2 tsp garlic powder
- 1.5 scoops 51g unflavored protein powder
- Optional 1/2 cup water

### For the 'dillas:

- 7 low carb wraps Joseph's, Mission, Ole Xtreme Wellness
- 6 1/2 cup spinach
- 2 bags MorningStar Farms chick'n strips

## INSTRUCTIONS

1. Blend the tofu, vinegar, lemon juice, and cashew butter in the blender until it is completely smooth.
2. Add the PB2, nutritional yeast, tapioca starch (or cornstarch), salt, garlic powder, and protein powder. Only add the water at the end if needed to get everything totally smooth. Do not add too much water. Use a rubber spatula to scrape down the sides if needed.
3. Pour the mixture into the saucepan, using a rubber spatula to get all contents into the pot.
4. Set the stove heat to medium to medium-low heat.
5. Stir constantly so it doesn't stick to the bottom. You know it's done when you pick up your whisk out of the sauce, and a lot of it sticks or it falls back into the pot in a nice queso sauce-way, in a clump. Keep in mind, it will continue to thicken when you remove it from the heat.
6. Air fry the Morning Star Farm Chick'n Strips for 8 minutes at 370° or cook in a skillet until cooked through. Chop into bite-sized pieces.
7. Toss the chick'n pieces in the queso sauce and stir well.
8. On a large skillet, place a tortilla and about ½ c of spinach. Toast the tortilla on low/medium heat until the spinach begins to wilt. Do not burn the tortillas.
9. Repeat for all 7 tortillas and set aside to arrange later.
10. Using your rubber spatula, lay out the queso/chick'n on one half of each tortilla and fold in half. Use all of your mixture fairly evenly across the tortillas.
11. Then cut each one in half.
12. Add the queso-dillas into your Tupperware of choice for the week. Or wrap them in aluminum foil and store in the fridge.

## NUTRITION

### Nutrition Facts

Chick'n "Queso"-Dilla

**Amount Per Serving**

<b>Calories</b> 316	Calories from Fat 81
<b>% Daily Value*</b>	
<b>Fat</b> 9g	14%
<b>Carbohydrates</b> 35g	12%
<b>Protein</b> 35g	70%

\* Percent Daily Values are based on a 2000 calorie diet.



Tried this recipe?

Let us know how it was!