

## **LOVE STARTS IN THE KITCHEN!™ AND THE BEST DOCTOR IS THE COOK!™**

By: Rita Nader Heikenfeld, CCP, CMH

Macy's Culinary Professional, Certified Modern Herbalist, Community Press Columnist

### **TEN MINUTE CHICKEN & CHEESE QUESADILLAS**

Using organic chicken, cheese and vegetables along with whole grain flour tortillas makes this family favorite even more nutritious!

2-3 cups cooked chicken, shredded

2 cups cheddar, Monterrey Jack or Mexican blend cheese

1 bunch green onions, sliced

Diced canned green chilies to taste (2 oz can) or fresh jalapenos, diced

1 package flour tortillas

Garnish: Sour cream, salsa, guacamole, etc.

Combine everything but garnishes. Spread mixture on each tortilla to within 1" of edge. Fold in half to enclose filling, or top with another tortilla. Heat a 10" skillet and add a bit of olive oil. Get the olive oil hot and add tortilla. Cook until golden on each side. Serve with garnishes.

#### **Tips from Rita's Kitchen:**

- **To make this vegetarian: Use refried beans instead of chicken: Spread them on the tortilla. Then sprinkle with the onions and cheese, and perhaps some chopped tomatoes if you like.**

#### **WHY THIS RECIPE IS GOOD FOR YOU:**

- Chicken is a great source of usable protein, the cheese has protein and calcium and the onions are good for your heart.
- Chilies are healers – they help clear sinuses and relieve congestion and are also good for your heart.
- Whole grain products are absorbed into your body more slowly and contain vitamin E and fiber, also good for lowering your cholesterol.

#### **RITA ON THE WEB!**

Log onto my new website: [www.Allabouteating.com](http://www.Allabouteating.com)

#### **READ RITA!**

**My books *Gifts without Ribbons*, *Culinary Herbs that Heal Body and Soul*, *The Official Snack Guide for Beleaguered Sports parents and Sports Nutrition for Dummies* (I developed the recipes) are available at Susan's Natural World**

#### **RITA'S YUMMY BREAD BLENDS!**

**Buy them at Susan's Natural World.**

**Copyright 2006**

**Rita Heikenfeld**