**Chicken Cheese Quesadilla**

**Produce**

 garlic (if needed)

onion (if needed)

lettuce for a small salad (if needed)

Fresh cilantro (if needed)

1 cucumber(if needed)

red bell pepper

1 jalapeno pepper

1 Anaheim pepper

3 Roma tomatoes

2 limes (if needed)

**Canned/Dried Foods**

one 4 oz. can fire-roasted, diced green chili peppers

one 15 oz. can no-salt chopped tomatoes

**Frozen Foods**

Morningstar Chik’n Strips (if going meatless)

**Meat/Fish/Poultry**

1 boneless, skinless chicken breast(if eating meat)

**Chilled Foods/Dairy**

 butter *(if needed)*

plain, nonfat yogurt (if needed)

sharp cheddar cheese (if needed)

8 nine inch soft whole-wheat Tortillas

1 pint fresh tomato salsa *(if not making quick, low-sodium salsa)*