

# Tomato Basil Bruschetta

## Ingredients

- 1 French baguette
- 3 tomatoes, seeded and chopped
- 1 onion, minced
- 1 clove garlic, chopped
- 1/2 teaspoon dried basil
- 1/2 teaspoon dried oregano
- 1 pinch salt
- 1 pinch ground black pepper
- 8 ounces mozzarella cheese

## Directions

1. In a small mixing bowl, combine tomatoes, onion, garlic, basil, oregano, and salt and pepper. Mix well, cover, and refrigerate.
2. Preheat oven to 375 degrees F (190 degrees C).
3. Cut the loaf of French bread into 12 slices on the diagonal. Arrange the bread on a baking sheet and toast in the oven for 5 minutes, or until golden brown. Reduce the oven's temperature to 250 degrees F (120 degrees C).
4. Spoon equal amounts of the tomato mixture onto the toasted slices of bread. Top with slices of mozzarella. Place the pan of bread back into the oven until the cheese has melted just slightly and is oozing over the tomatoes, approximately 2 minutes. Serve immediately.

## Nutritional Information

**Amount Per Serving** | Calories: **167** | Total Fat: **3.8g** | Cholesterol: **12mg**

# Chipotle Chicken Quesadilla

## INGREDIENTS

3 tablespoons olive oil

1/2 red bell pepper, cut into thin strips

1/2 large onion, thinly sliced

1/2 cup frozen corn

1 1/2 cups shredded cooked chicken

1 cup shredded 2% Monterey Jack cheese (2 oz)

1 tablespoon finely chopped chipotle chile in adobo sauce (from 7-oz can)

2 tablespoons chopped cilantro

6 (8-inch) whole wheat tortillas

6 tablespoons Salsa

## DIRECTIONS

1 In 10-inch nonstick skillet, heat 1 tablespoon of the oil over medium-high heat. Add bell pepper, onion and corn; cook, stirring occasionally, 4 to 5 minutes or until bell pepper and onion is softened. Remove from heat; stir in chicken, cheese, chipotle chile and cilantro. 2 Brush one side of each tortilla with remaining 2 tablespoons oil. With oiled side down, spread 2 tablespoons salsa onto each of 3 tortillas. Spread about 1 cup of chicken mixture on each tortilla over salsa. Top each with remaining tortillas, oiled side up. 3 Heat 10-inch nonstick skillet over medium heat. Cook 1 quesadilla at a time 1 to 2 minutes on each side or until tortilla is golden brown and cheese is melted. Cut each quesadilla in half.

The rotisserie chicken sold at almost any grocery store is perfect for this recipe.

Chipotle chiles are smoked, dried jalapeños. They are often sold canned in a vinegary tomato sauce called “adobo.” They can be quite hot, so feel free to adjust the amount used to suite your taste. The one tablespoon of chiles in this recipe gives a medium-hot result.

## Nutritional Information

1 Serving (1 Serving)

- Calories 650
  - (Calories from Fat 290),
- Total Fat 32g
  - (Saturated Fat 9g,
  - Trans Fat 1 1/2g),
- Cholesterol 75mg;
- Sodium 1250mg;
- Total Carbohydrate 58g
  - (Dietary Fiber 4g,
  - Sugars 6g),
- Protein 33g;