

Produce
of the **Month**

SHOPPER TIPS

Look for firm peppers with deep color and shiny skin that is free of wrinkles or spots.

- Avoid peppers with injuries to the skin, soft spots, and peppers with dried out stems.

WHAT'S IN IT FOR YOU?

- Excellent source of vitamin



Chicken and Roasted Bell Pepper Quesadillas

Prep/Cook Time: 50 minutes; Servings: 2

INGREDIENTS

- 2 8-inch whole wheat tortillas
- 1/2 cup of shredded Jack or cheddar cheese
- 1 chicken breast
- 1 bell pepper
- non-stick cooking spray

Below items are garnishes. Use a little bit on top of your quesadilla or just have it without!

- Salsa
- Cilantro
- Hot sauce

DIRECTIONS

1. Preheat oven to 400. Put chicken in baking dish and bake in oven 20-30 minutes until juices are clear. Allow to cool then cut into small pieces.
2. Turn oven up to 500 or turn on broiler. Place whole bell pepper on a sheet pan and put on the highest oven rack (close to heating element) Let pepper skin darken, 5-10 minutes. Remove from oven, let cool slightly and remove stem and seeds.

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