

YIELD: 2 QUESADILLAS

Mini Chicken Quesadillas

Mini chicken quesadillas are a great toddler-friendly recipe to make with your toddler for some hands-on learning and fun.



PREP TIME	COOK TIME	TOTAL TIME
10 minutes	10 minutes	20 minutes

Ingredients

- 2 small tortillas (wheat, whole wheat, or gluten-free)
- 1/4 - 1/2 cup shredded cooked chicken (to taste)
- 1/4 cup - 1/3 cup shredded mozzarella cheese (or cheddar, or other meltable cheese of your choice)

Instructions

Have your child help with this: Arrange the shredded chicken and cheese on each quesadilla. Fold in half.

Have an adult do this: Place both quesadillas on a pre-heated 9-inch skillet over medium-low heat and cover with a lid. Cook for 2-3 minutes, or until golden brown. Carefully flip each quesadilla and cook for 2-3 minutes on the other side, uncovered, or until golden brown and the cheese melted. Remove from heat and allow to cool a few minutes before letting your child handle the quesadillas.

Notes

You can try to sneak in a few leaves of baby spinach into these if you don't have a super picky toddler

Nutrition Information: YIELD: 2 SERVING SIZE: 1

Amount Per Serving: CALORIES: 221 TOTAL FAT: 7g SATURATED FAT: 3g TRANS FAT: 0g

UNSATURATED FAT: 4g CHOLESTEROL: 17mg SODIUM: 337mg CARBOHYDRATES: 28g

FIBER: 2g SUGAR: 0g PROTEIN: 10g

The nutritional information provided is just an estimate and will vary based on the actual ingredients you use. If you are tracking nutrition for yourself or your child, check with a nutritionist, dietitian, or pediatrician about whether this recipe is right for you or your child.



Did you make this recipe?

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