



Stove Top Quesadilla

This Stove Top Chicken Quesadilla recipe is perfect for anyone wanting to use up that leftover shredded chicken, carnitas or steak you made earlier in the week. It's a great recipe you can really tailor to the way you and your family eat. Tortillas, low carb tortillas, or just plain on the stovetop like I make them!

Need a pasta suggestion? Check out tips below!

Recipe:

Shredded Protein (chicken/carnitas/steak)
Cheese

Optional Toppings:

Sour Cream
Salsa
Avocado
Cilantro
Lettuce

Add shredded chicken onto a flat griddle over medium to low heat. Top with shredded cheese and cook until melted. Remove from heat and add toppings. Enjoy!



The Keto Dad Tips and Tricks:

- Serve over Quest Chips if you're looking for a crunch
- Add avocado to increase the fat
- Make into a Chicken Taco Lettuce Wrap
- Want it more like a tostada? Melt the cheese on the bottom and add the chicken on top!
- Not just for chicken! Use leftover rotisserie, pork or beef!

Macros will vary drastically based on your ingredients. 6 oz of chicken and 1 oz of shredded cheddar cheese is as follows:

Serving Size 1

Macros: Calories: 415 Fat: 19g , Carbs: 1g, Protein: 57g

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