



Swimsuit-Ready in 20 Days: Lunch Recipes

Baked Chicken and Black Bean Quesadillas with Salsa

2 ounces skinless, boneless chicken breast
2 whole grain or whole wheat tortillas
1 cup canned black beans, rinsed and drained
½ cup shredded nonfat mozzarella cheese
2 cups salsa
½ tablespoon ground cumin
½ tablespoon paprika
1 teaspoon garlic powder
Salt and cracked black pepper to taste
Cooking oil spray

Combine the cumin, paprika, garlic powder, salt and pepper. Season the chicken breast with the spice mixture. Coat nonstick skillet with cooking spray and heat the skillet. Add the chicken and cook on medium heat until brown, turning once. Cover the pan and cook for 3 minutes more or until the chicken is fully cooked. Cool the chicken and slice into strips.

Preheat the toaster oven to 350 degrees. Place one tortilla on a cutting board. Arrange the sliced chicken on the tortilla and top with the black beans and mozzarella. Cover with the other tortilla and press down. Bake until the cheese is melted.

To Serve: Cut the quesadilla into quarters and serve with salsa.

Serves: 2