



HIGH-PROTEIN MEALS

High-Protein Buffalo Chicken Quesadilla

🕒 13 min

🍴 Serves 1

🔥 700 kcal per serving

🌿 High-protein

5 min
PREP

8 min
COOK

13 min
TOTAL

Easy
LEVEL

🔪 YOU'LL NEED

Mixing bowl

Cast-iron or non-stick skillet

Spatula

Sharp knife

NUTRITION PER SERVING

ESTIMATED

700
KCAL

66g
PROTEIN

42g
CARBS

28g
FAT

Estimated: the sum of USDA FoodData Central values for each ingredient (1 serving, 25 cm / 10 in flour tortilla).

Ingredients FOR 1 SERVING

INGREDIENT	METRIC	IMPERIAL	NOTE
☐ Cooked chicken breast, shredded	150 g	5.3 oz	about 1 cup
☐ Large flour tortilla (25 cm / 10 in)	72 g	2.5 oz	1 tortilla
☐ Buffalo sauce (Frank's RedHot style)	30 ml	2 tbsp	
☐ Plain non-fat Greek yogurt	15 ml	1 tbsp	
☐ Low-moisture part-skim mozzarella, shredded	25 g	0.9 oz	a scant ¼ cup
☐ Sharp cheddar, shredded	25 g	0.9 oz	a scant ¼ cup
☐ Green onions, chopped	15 ml	1 tbsp	about 6 g
☐ Butter (or a light cooking spray)	2.5 ml	½ tsp	
☐ Light (reduced-fat) ranch dressing, for drizzling and dipping	15 ml	1 tbsp	
☐ Fresh cilantro, chopped (optional, to garnish)	15 ml	1 tbsp	about 1 g



Method 4 STEPS · 13 MIN

1

STEP 1 · Prep the filling

Mix **150 g (5.3 oz)** shredded cooked chicken with **2 tbsp** buffalo sauce, **1 tbsp** Greek yogurt and the green onions until every strand is coated.

🍲 Mixing bowl

🕒 2 min



2

STEP 2 · Assemble

Lay the tortilla flat. Scatter the mozzarella over one half, spread the buffalo chicken on top, finish with the cheddar and fold it over.

🍳 Board

🕒 1 min

3

STEP 3 · Cook

Melt **½ tsp** butter in a skillet over **medium heat**. Toast the quesadilla **3-4 minutes** per side, pressing gently with a spatula, until golden and crisp and the cheese has melted. The filling should be steaming hot, **74°C (165°F)** in the middle.

🔥 Medium

🍳 Skillet

🕒 6-8 min



4

STEP 4 · Serve

Slice it in half, drizzle with light ranch, scatter the cilantro and keep the rest of the ranch for dipping.

🔪 Knife

🕒 1 min



Good to know

⚠️ FOOD SAFETY

- The chicken is already cooked: heat the quesadilla until the filling is steaming hot, **74°C (165°F)** in the middle.

♥️ ALLERGENS

Contains: Milk, Wheat, Egg.

Check the labels of what you buy: brands differ.

📦 STORAGE

Best eaten right away. Leftovers keep 2 days in the fridge; reheat in a dry skillet until steaming hot.

💡 TIPS

- Use leftover roast chicken or a store-bought rotisserie breast to make it a 13-minute meal.
- Want it lighter? A medium 18-20 cm (7-8 in) tortilla and mozzarella only bring it to about 530 kcal.



ENJOY

Save this for your next meal prep

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Nutrition values are estimates from standard reference data, not lab measurements.

