

Chicken: the perfect choice

Chicken Quesadilla

Ingredients

- 1 tablespoon oil
- olive oil cooking spray
- 210g can corn kernels, drained
- 500g chicken thigh fillets, diced
- 2 tomatoes, finely diced
- 8 corn tortillas
- 1 cup grated tasty cheese

Method

Heat oil in a non stick frypan. Add diced chicken and cook under a medium heat until cooked thoroughly, when juices run clear and meat is no longer pink.

Lightly spray one side of the 4 tortillas. Place spray side down onto a board. Top with cooked chicken, tomato, corn kernels and cheese. Season with salt and pepper. Place remaining 4 tortillas over filling (like a sandwich). Spray top tortilla with cooking spray.

Heat your grill or non stick frypan. Cook Quesadillas, for 5 minutes each or until golden and cooked through. Serve immediately.



**Australian Chicken Meat
Federation (ACMF) Inc**

Did you know?

The Benefits of chicken stack up whichever way you cook it...!

- The Australian chicken meat industry creates job opportunities for about 40,000 people directly, and 120,000 people indirectly
- Australia's chicken meat production is highly efficient requiring only 1.8 kg of feed to produce 1 kg of live chicken
- Australians consume on average over 36 kg of chicken meat per person each year
- All chicken meat sold in Australia is grown in Australia by Australian owned companies

Busting the Myths

- No hormones are used in chicken production
- Meat chickens are not raised in cages
- Chickens are bred either for their meat or egg laying, not both

Chicken is a versatile and delicious choice

- Grill, barbecue, roast, stir-fry, microwave, poach or sauté it!
- Plays an important part in the many international cuisines that now make up the Australian diet
- Nutritionally it stacks up too – its low in fat, low in cholesterol and an excellent source of protein
- Chicken contains all the amino acids essential to the body, making it a 'complete' source of protein

Ensuring your chicken is cooked properly is easy just remember -

- Juices run clear
- Meat is no longer pink



For more information
call the Chook Infoline

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www.chicken.org.au



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