

### Sean's Cheesy Quesadilla

4 100 % whole wheat tortillas (8 inches)  
1 tablespoons butter  
2 ounces cream cheeses, softened  
½ cup mixed shredded cheese (Mexican blend)  
2 tablespoons chopped jalapeños  
1 tablespoon minced fresh cilantro  
2 tablespoons finely chopped cooked turkey bacon  
¼ cup salsa, optional  
Sour Cream, optional

#### Directions:

Spread butter over one side of each tortilla. Spread cream cheese over unbuttered side on half the tortillas. Sprinkle with cheese, jalapenos, cilantro and cooked turkey bacon. Top with remaining tortillas, buttered side up. Cook on a griddle over medium heat for 1-2 minutes on each side or until cheese is melted. Cut into wedges. Serve with salsa and sour cream if desired.

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### Parmesan Chicken Manicotti

Servings: 3 ½

**Servings Size: 2 Manicotti**

#### Ingredients:

1 cup shredded cooked chicken  
1 cup part skim ricotta cheese  
½ cup shredded parmesan cheese  
1 egg  
1 teaspoon oregano  
Salt and black pepper  
7 pieces manicotti, cooked according to instructions  
1 can Italian style crushed tomatoes  
2 tablespoons grated parmesan cheese  
1 tablespoon chopped fresh basil leaves  
¼ cup parmesan cheese  
6 to 8 basil leaves

#### Directions:

In a medium bowl, combine cooked shredded chicken, ricotta cheese, parmesan cheese, egg, oregano, salt and pepper together and stir until well mixed. Stuff each cooked manicotti with about ¼ cup full of the chicken and cheese mixture carefully so that the Manicotti doesn't tear. Add the crushed tomatoes in a sauce pan over low heat. Add 2 tablespoons grated Parmesan and 1 tablespoon chopped basil leaves and stir frequently, until it starts to bubble. Simmer until heated through. Spray baking dish with cooking spray and place the stuffed manicotti in it. Pour about 1 cup (or more) prepared sauce over the manicotti. Sprinkle with Parmesan cheese and basil leaves. Bake at 350°F for 35 minutes or until hot and bubbly.