**Quesadillas with Green Salad**

**Produce**

garlic (if needed)

onion(if needed)

red or green leaf lettuce(if needed)

fresh cilantro (if needed)

cucumber(if needed)

red bell pepper (if needed)

2 jalapeno peppers

1 Anaheim pepper

3 Roma tomatoes

3 limes

**Canned/Dried Foods**

one 15 oz. can no-salt chopped tomatoes

**Frozen Foods**

chickenless tenders (if meatless)

**Meat/Fish/Poultry**

1 cooked chicken breast from fridge at home (if eating meat)

**Chilled Foods/Dairy**

plain nonfat yogurt (if needed)

sharp cheddar cheese (if needed)

two 8 inch soft flour whole-wheat tortillas