



## Grilled Corn and Chicken Quesadillas

**PREP 10 min COOK 5 min SERVES 4-6**

- 2 grilled cobs of corn (from Sunday prep)
- 1 lb grilled chicken breasts (from Sunday prep)
- 1 tub (227 g) Longo's Avocado Hummus
- 2 green onions, thinly sliced
- 2 tbsp each chopped fresh cilantro, mint and basil
- PINCH salt
- 8 Longo's 7" Fresh Plain Tortillas
- 2 cups shredded Tex-Mex cheese

CUT kernels off cobs of corn; place in bowl.

CHOP chicken into bite-sized pieces and add to corn. Stir in hummus, green onions, cilantro, mint, basil and salt.

DIVIDE chicken mixture over half of each tortilla. Sprinkle with cheese and fold in half to seal.

GRILL on preheated oiled grill over medium heat for about 5 minutes, turning once, or until golden and cheese has melted.

PER serving (1/6 recipe): 552 calories; 33 g protein; 26 g fat; 50 g carbohydrate; 5 g fibre; 1 g sugars; 834 mg sodium.



As seen in Longo's experience magazine.  
Copyright © 2016 Longo's Inc. All rights reserved.

## Longo's Green Salad

**PREP 5 min SERVES 4-6**

- 1/2 454 g tub Longo's Spring Mix Greens
- 1 tomato, cut into wedges
- 1 cup chopped English cucumber
- 1/3 cup Longo's Balsamic Salad Dressing

TOSS together greens, tomato, cucumber and salad dressing to serve.

PER serving (1/4 recipe): 74 calories; 2 g protein; 5 g fat; 9 g carbohydrate; 5 g fibre; 2 g sugars; 194 mg sodium.