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LANDRY SHAMET



HSS

CHICKEN QUESADILLAS

INGREDIENTS

- Butter or Cooking Spray
- 4 Flour Tortillas
- 1 Cup of Canned Chicken
- 1 Cup of Shredded Cheese

HEALTH BENEFITS

- Chicken is a lean meat with high nutritional value.

DIRECTIONS

STEP 1:

Heat a nonstick skillet over medium-low heat.

STEP 2:

Melt butter or add cooking spray.

STEP 3:

Place tortilla in the pan and cover one half side with shredded cheese and chicken.

STEP 4:

Fold tortilla in half and cook until cheese is melted and tortilla is golden brown.

STEP 5:

Flip tortilla and continue cooking until golden brown and cheese is completely melted.

STEP 6:

Remove from pan, slice, and serve!

RECOMMENDED MOVEMENT

CHELSEA LONG, EXERCISE PHYSIOLOGIST, HSS



SQUATS

1. Standing tall with abs squeezed and feet hips-width apart.
2. Sit your hips back like you're sitting into a chair as your knees bend to lower you towards a seat.
3. Keep your knees open towards your pinky toes, like you're pressing out into a band.
4. Feet stay flat and push the ground away from you as you squeeze your glutes to stand up through your hips back to the starting position.



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