Chicken and Black Bean Quesadillas

1 lb chicken breast, cut into cubes
1/2 bell pepper, diced
2 green onions, sliced
1 can black beans, rinsed and drained
1/3 cup salsa
1/3 cup sour cream
2 tsp chili powder
1/2 tsp cumin
1/2 tsp salt
shredded cheese
tortillas

Heat 1 Tbsp olive oil in a large skillet. Add chicken and cook for about 5 minutes. Add bell pepper and green onions and cook until chicken is cooked through. Stir in beans, salsa, sour cream, chili powder, cumin, and salt. Heat through, about 10 minutes. Heat a griddle or non-stick skillet over medium heat. Place tortilla on griddle. Place cheese on the top half of the tortilla. Top with chicken mixture. Fold up bottom of tortilla, making a half circle. Heat until bottom is lightly browned. Flip quesadilla and cook on the other side until lightly browned. Cut into triangles.

Makes about 8 quesadillas

Printed from Cooking with Mandy