BBQ Chicken Quesadillas

Servings: 2 (serving size = 1 quesadilla)

Ingredients

1-2 cups bbq chicken from slow cooker bbq chicken recipe 4 tortillas ½ cup shredded cheddar or Mexican blend cheese ½ cup yellow onion, sliced Cooking spray

Preparation

- 1) Spray a non-stick skillet with cooking spray and warm to medium high heat. Cook onions 5-10 minutes until golden. Set aside.
- 2) Wipe skillet clean and warm to medium heat. Place a tortilla in the skillet. Top with $\frac{1}{2}$ the bbq chicken, $\frac{1}{2}$ the cooked onions, and $\frac{1}{2}$ the cheese. Place second tortilla on top.
- 3) Cook 3-5 minutes. Flip over and cook an additional 3-5 minutes until browned on both sides and cheese is melted. Use a pizza cutter to slice into 4 separate sections.
- 4) Repeat for second quesadilla using the rest of the chicken, cheese and onions.