Chicken Quesadillas

With Guacamole, Salsa and Sour Cream



Makes 4 servings

Ingredients

- ☐ 1 rotisserie chicken
- ☐ 8 flour tortillas (2 per person)
- ☐ 2 cups shredded cheese (cheddar, Monterey Jack) + dairy free option
- ☐ 1 small onion
- ☐ 1 small red pepper
- ☐ 1 TBSP olive oil
- ☐ 1 tsp salt
- ☐ 1 tsp cumin
- ☐ 1 tsp chili powder
- ☐ ½ tsp garlic powder
- ☐ ½ cup sour cream
- ☐ ¼ cup salsa
- ☐ Guacamole (purchased)

Directions

1. Dice peppers, onions & avocados
2. Remove the skin and bones from the chicken.
3. Shred the chicken using two forks to pull apart
4. In a bowl, combine the chicken with the salt, cumin, chil powder, garlic powder, onion, and red pepper
5. Stir in 1 cup of the shredded cheese.
6. Heat the frying pan to medium heat and lightly brush it with olive oil
7. Place one tortilla in the skillet. Add a heaping scoop of the chicken mixture on top, then sprinkle with some more cheese.
8. Place another tortilla on top, pressing gently to hold everything together.
9. Cook for 2-3 minutes until the bottom is golden and crispy.
10. Carefully flip the quesadilla using a spatula and cook for another 2-3 minutes until the other side is golden and the cheese is melted
11. Remove from the pan and cut into 4 wedges

Serve with: sour cream, guacamole, and salsa on the side