



Kids Love These!

Chicken Quesadillas

Serves 4

4 separate teaspoons of extra virgin olive oil

2 teaspoons chili powder

1 teaspoon cumin

1/2 cup chicken stock

1/2 red or green pepper, chopped

4 oz. sliced mushrooms

1 1/4 cups shredded cooked chicken breasts

1 1/2 cups grated sharp Cheddar cheese

4 large flour tortillas

Garnishes: Salsa, sour cream, chopped cilantro, lime wedges and sliced avocado

In a medium saucepan over medium heat, add chicken stock. Add chili and cumin and stir. Add pepper, mushrooms, and chicken. Cook, stirring occasionally, until vegetables are tender, 6 to 8 minutes. Remove from heat and stir in cheese.

Heat 1 teaspoon oil in a large skillet over medium heat. Spread half of vegetable mixture on a tortilla, leaving a 1-inch border all around. Top with a second tortilla. Cook, turning once, until golden brown, 2 to 3 minutes per side. Repeat with remaining oil, tortillas and vegetable mixture.

Slice into wedges and serve with garnishes.