

Chicken Quesadilla Recipe

Ingredients:

Boneless, skinless chicken thighs

Shredded cheddar cheese

½ cup chicken stock

12" flour tortillas

2 avocados

2 large tomatoes (diced)

½ red onion (diced finely)

1 jalapeno, more depending on spice preference (diced finely)

2-3 limes (juiced)

1 bunch fresh cilantro (chopped)

Chicken Preparation:

- Preheat oven to 425 degrees.
- Gently coat chicken thighs in extra virgin olive oil, salt, and pepper.
- Roast chicken for 15 minutes in a pan until light crust forms on chicken.
- Lower oven heat to 350 degrees.
- Transfer chicken into separate pan, draining any excess oil.
- Add chicken stock to the pan, making sure the liquid coats the bottom of the pan. You can add more stock if necessary.
- Cover pan with aluminum foil and continue to cook the chicken for 45-60 minutes (or until chicken reaches an internal temperature of 165 degrees).
- Let the chicken cool down, and with 2 forks, shred the chicken and set aside.

Quesadilla Preparation:

- Using a nonstick griddle pan, bring the stove's temperature to medium low heat.
- Gently coat tortilla in pan spray and place on griddle.
- Place the shredded cheese and chicken generously on the tortilla. Chicken should be placed on top of the cheese on the bottom half of the tortilla.

- After cooking for 60 seconds, fold the tortilla top and gently press on the tortilla so the cheese can melt evenly.
- After approximately 60 seconds of cooking the quesadilla, if the cheese is melted, remove the quesadilla from the pan.

Guacamole/Pico De Gallo Preparation:

- Mix together tomatoes, onions, cilantro, jalapeno, onions, and lime juice.
- Add salt and pepper to taste.
- Remove the pulp from the avocado and mash it in a separate bowl.
- Place half the tomato mixture into the bowl with the mashed avocados.
- The mixture with the avocado is guacamole and the mixture without is pico de gallo.
- Serve with sour cream and enjoy!