Chicken Quesadilla

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Ingredients

1 boned, skinned chicken breast half
(1/2) oz. pkt. taco seasoning
(2) 12" flour tortillas
1 cup shredded Monterey jack/cheddar cheese
1 Tbls. diced tomato
1 Tbls. diced jalapeno pepper
1 Tbls. chopped black olives
1/2 tsp. Cajun seasoning
sour cream — for dipping
salsa — for dipping

Directions

Sprinkle taco seasoning over both sides of chicken.

Fry chicken until cooked through in a lightly oiled pan.

Cut chicken into 3/4\" pieces; set aside.

Spray one side of a tortilla with non-stick cooking spray and place sprayed side down in frying pan over medium heat.

Sprinkle tortilla evenly with cheese. Sprinkle tomato, jalapeno, olives, and Cajun seasoning evenly over cheese. Lay cut chicken evenly over all.

Spray one side of remaining tortilla with non-stick cooking spray and place sprayed side up over chicken.

Using 2 spatulas, flip entire quesadilla.

Cook until all cheese has melted and tortilla is lightly browned.

Remove from pan to serving plate and cut into six equal wedges using a pizza cutter.

Serve sour cream and salsa in a small bowl on the side.