

Chicken Quesadillas

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Ingredients

1 boned, skinned chicken breast half
Italian salad dressing – to coat
12" flour tortilla
melted butter OR margarine – for coating
1 cup shredded Monterey jack/cheddar cheese
1 Tbls. diced tomato
1 Tbls. diced jalapeno pepper
Cajun seasoning – to taste
1/2 cup shredded lettuce
1/4 cup diced tomato
sour cream – for dipping
salsa – for dipping

Directions

Place chicken breast in a bowl with enough Italian dressing to coat; allow to marinate 30 minutes in refrigerator.

Grill marinated chicken until cooked through in a lightly oiled pan. Cut into 3/4" pieces and set aside.

Brush one side of tortilla with butter and place in frying pan over medium heat.

On one half of tortilla, add cheese, 1 Tbls. tomatoes, peppers, and Cajun seasoning (in that order). Make sure to spread to the edge of the half. Top with diced chicken, fold empty tortilla side on top, and flip over in pan so that cheese is on top of chicken.

Cook until very warm throughout.

Remove from pan to serving plate and cut into six equal wedges on one side of plate.

On the other side put lettuce, topped with 1/4 cup tomatoes, and then topped with sour cream.

Serve your favorite salsa in a small bowl on the side.