



DESCRIPTION

You don't need to head south of the border for this yummy lunchtime meal. Join Carrie and her friends as they add a fun Mexican twist to the old fashioned grilled cheese. This tasty meal will have your taste buds yelling ole!

INGREDIENTS

- 2 chicken breasts (pounded flat by your butcher)
- 1 package tortillas
- 3 cups shredded cheddar or jack cheese
- 1 onion chopped
- 1 red pepper chopped
- 2 tbsp olive oil
- butter for frying
- sour cream
- jar of salsa

TOOLS

- sauté pan
- knife
- spatula
- wooden spoon

DIRECTIONS

1. Have 2 chicken breasts pounded flat at the Co-op. Slice chicken into strips and sauté in a hot pan with 2 T olive oil until chicken is no longer pink.
2. Add 1 small chopped onion and sauté with chicken until onions are translucent. If you like, add 1 chopped red pepper and continue sautéing until peppers are slightly tender.
3. Put mixture in a bowl and clean out pan. Place about a teaspoon of butter in pan and lay one tortilla on the melted butter over medium heat.
4. Place a spoonful of chicken into middle of tortilla and sprinkle shredded cheese over chicken.
5. Fold tortilla over in half and press down with a spatula to seal the tortilla. Turn quesadilla over after a minute and cook on the other side for another minute.
6. Slice into wedges and serve with sour cream and guacamole.