

BBQ Chicken Quesadilla

Serves 1

Ingredients

2 oz, Chicken, cooked, chopped
2 Tbl Prospector's Pick BBQ Sauce
½ cup Cheddar/Jack cheese blend, shredded
1 Tbl Red onion, small dice
1 Tbl Cilantro, chopped
2 Flour tortillas, 8 inch
Non-stick vegetable spray
Salt and pepper to taste

1. Pre-heat a griddle or large skillet to a medium to medium-high heat.
2. Mix cooked chicken and BBQ sauce together and hold.
3. Lay one tortilla flat on work surface, spray with non-stick vegetable spray, sprinkle with salt and pepper. Turn tortilla over on work surface and spread cheese evenly over the tortilla. Spread chicken mixture across cheese, top with onion and cilantro. Place second tortilla on top of mixture and spray the top surface with non-stick vegetable spray. Sprinkle with salt and pepper as needed.
4. Place assembled quesadilla in hot skillet or on the hot griddle. Cook for about 3-5 minutes or until toasted. Flip quesadilla over and cook for 3-5 minutes more. Remove from heat and cut into wedges.
5. Serve with your favorite toppings like sour cream, guacamole, lettuce, tomatoes, etc.