

CHICKEN QUESADILLAS

(serves 1)

INGREDIENTS AND QUANTITIES:

1 tortilla

1/2 chicken breast

1/4 cup grated cheese (Tex-Mex or Mozzarella) ***Brie cheese is a nice choice of cheese with th

chicken***

1 tsp. Margarine

assorted fillings such as green onion, peppers, tomatoes (approx. 1 tsp. of each).

Guacamole, sour cream and salsa

EQUIPMENT & UTENSILS:

Large nonstick fry pan

Spatula (flipper)

1/4 cup dry measure

measuring spoons

chef's knife

chopping board

PROCEDURE:

1. Turn large stove burner to high heat (#7). Melt 1 tbsp. oil in fry pan.
2. Place sliced uncooked chicken breast in the oil turning constantly until chicken is firm to the touch (about 3 min.)
3. Remove from the heat to a small mixing bowl.
4. Melt 1 tbsp. oil in fry pan. Add 1 tbsp. garlic to the oil and sauté.
5. Add sliced peppers to the garlic and cook for about 3 minutes. Remove from the fry pan and set aside with the chicken.
6. Wash the fry pan. Turn large stove burner down to medium (#4). Melt 1 tsp. margarine in fry pan.
7. Put tortilla in pan and warm slightly for about 30 seconds. Place grated cheese, diced chicken and other fillings on one half of the tortilla.
8. Fold in half and allow filling to heat up and melt.
9. Remove from pan with a spatula.
10. Serve hot with a fresh salad for a nice light lunch.

