

Chicken Quesadilla

- 4 (8-inch) flour tortillas
- 2 c. shredded, cooked chicken
- 1 c. shredded colby jack cheese
- 1 tsp dried onion flakes
- 1 ½ tsp. parsley
- ½ tsp. salt
- ½ tsp. pepper
- 1 tsp. chili powder

1. Heat chicken up for 15-20 seconds in microwave. Shred with two forks, or chop into small pieces.
2. Add onion, parsley, salt, pepper, and chili powder to the chicken in a bowl.
2. On a work surface lay out two tortillas. Layer chicken/spices and cheese.
3. Cover with remaining tortillas.
4. Heat a griddle or skillet and brush with oil (or spray with non-stick spray).
5. Carefully place quesadillas on griddle and cook until blistered and golden.
6. Turn them with a large turner and cook until golden.
7. Take off and place on a cutting board and cut into 6 pieces (pizza shaped).

Sour Cream Sauce:

- ½ c. sour cream
- 1 tsp. Taco seasoning
- 1 tsp. lime juice

1. Stir seasoning and lime juice into the sour cream.
3. Serve quesadillas with salsa and sour cream sauce.