

Tex Mex Chicken Quesadillas

Total Time: 10 min

Yeilds 4 Servings

1/2 red bell pepper diced

1/2 cup diced Red Onion

1 cup cooked chicken (diced or shredded) (can use rotisserie, canned, grilled or sauted)

1 cup shredded cheese (Tex Mex Mix: cheddar / Monterey Jack or your choice)

4 Tortillas (your choice)

2 teaspoons taco seasoning or your own: cumin, chili pwd, garlic, cayenne, oregano

Cream cheese for spreading (helps stick mix together) can also get in various flavors

Other optional add in's: black beans, corn, cilantro, sauteed mushrooms, pickled jalapenos or minced fresh chilies, other cooked meats diced or shredded, green onions

1. Heat a skillet over medium heat and spray with cooking spray
2. Make the filling, combining bell peppers, onions. shredded or diced chicken and seasoning
3. Spread a little cream cheese on open tortillas and sprinkle shredded cheese over the whole, divide mix into 4 and spread on each fold over
4. Cook in sprayed skillet till cheese begins to melt, then flip quesadilla (a few minutes per side)
5. Remove from skillet, and slice into 4 and serve with salsa, sour cream and guacamole

Silvia's Guacamole

2 Ripe Avocados

1 Lime - juice of

salt to taste

1 clove freshly minced garlic

2 teaspoons ground cumin

»Mash above together with fork from chunky to smooth - your choice

* Zest up your store bought salsa by adding any of the following ingredients: lime juice, cilantro, corn, black beans and diced pineapple or mango

* Make up your own mix using leftovers