

Chicken Quesadillas

Ingredients

- 1 chicken breast
- 2 green onions
- 2 10-inch flour tortillas
- 1 cup shredded Jack cheese
- 2 tablespoons diced green chilies
- Salsa
- Sour Cream



Directions

1. Preheat a grill or sauté pan on **high heat**.
2. Grill the chicken breast for 5 minutes on each side, or until thoroughly cooked.
3. Move the chicken a plate to let the chicken rest for 5 minutes then cut the chicken into 1/4-inch-thick slices.
4. Cut off the root ends of the green onions and thinly slice the white part and about 1 inch of the green parts.
5. Heat the sauté pan over **medium heat** and place one tortilla in the pan.
6. Sprinkle half of the cheese over the tortilla and sprinkle with the green chilies and green onions.
7. Arrange the chicken strips on the tortilla and sprinkle with the remaining cheese.
8. Top with the remaining tortilla and cook for 2 or 3 minutes, or until the cheese is melted and the quesadilla holds together.
9. Turn the quesadilla over and cook for 1 minute.
10. Cut the quesadilla into 6 pieces and serve with the salsa and sour cream.