Fajita-Style Quesadillas

Cheap, Fast, and Healthy – January 2015

Ingredients:
- Green or red pepper, seeded and chopped
- Medium onion, halved and thinly sliced
- 1 serrano pepper, halved, seeded, thinly sliced
- 3 teaspoons vegetable oil
- 6” corn tortillas
- Nonstick cooking spray
- 1/4 cup shredded cheese, divided
- 1 tomato, thinly sliced
- 1 tablespoon fresh cilantro
- 1 chicken breast

Directions:

1. Boil chicken so that it becomes juicy and tender, about 10 minutes. Thinly slice cooked chicken breast.
2. In a large skillet cook sweet pepper, onion, and serrano pepper in hot oil over medium-high heat for 3 to 5 minutes or until vegetables are just tender. Remove from heat.
3. Lightly coat one side of each tortilla with cooking spray. On the uncoated side of two of the tortillas, add half of the cheese. Top with sliced chicken, onion mixture, tomato slices, cilantro, and the remaining cheese. Top with remaining tortillas, coated sides up.
4. Heat a very large skillet or griddle over medium heat. Cook quesadillas for 4 to 5 minutes per side or until cheese melts and tortillas are lightly browned. Cut each quesadilla into 4 wedges. Serve warm.

Notes: