

Chicken Quesadillas



Servings: 4

1 pound skinless boneless chicken breast, sliced into strips
1/4 cup olive oil
2 tablespoons lemon juice
1 1/2 teaspoons salt
1 1/2 teaspoons dried oregano
1 1/2 teaspoons ground cumin
1 teaspoon garlic powder
1/2 teaspoon chili pepper
1/2 teaspoon paprika
1/2 teaspoon red pepper flakes, to taste
2 tablespoons olive oil
1 red bell pepper, thinly sliced
1 green bell pepper, thinly sliced
1/2 red onion, thinly sliced
8 flour tortillas
1 cup cheddar cheese, shredded

To a Ziploc bag add olive oil, lemon juice, salt, dried oregano, ground cumin, garlic powder, chili powder, paprika, and red pepper flakes. Add the chicken and toss to coat. Place in the refrigerator for 1-4 hours.

In a large skillet over medium-high heat add 1 tablespoon of olive oil. Add the red bell pepper, green bell pepper, and red onion. Cook until soft about 5 minutes. Transfer to a plate.

Heat 1 tablespoon of olive oil in a pan over medium-high heat. Add chicken to the pan. Cook stirring occasionally until golden and cooked through about 8 minutes. Transfer to a plate.

Place 1 flour tortilla on to a baking tray lined with parchment paper. Layer the tortilla with 1/4 of the cheddar cheese, 1/4 of the pepper-onion mixture, and 1/4 of the cooked chicken. Place a second tortilla over top. Repeat with the remaining tortillas.

Brush the Quesadillas with olive oil.

Bake in a 425°F oven for 15 minutes or until the flour tortillas are golden and the cheese is melted.

Cut into quarters.

Serve

Per Serving (excluding unknown items): 881 Calories; 51g Fat (51.7% calories from fat); 48g Protein; 59g Carbohydrate; 4g Dietary Fiber; 141mg Cholesterol; 2040mg Sodium; 7g Total Sugars; trace Vitamin D; 615mg Calcium; 5mg Iron; 764mg Potassium; 754mg Phosphorus. Exchanges: .