

Chicken Quesadilla

Created by: [Mel's Kitchen Cafe](#)

Prep Time: 20m | Cook Time: 10m | Servings: 8

Ingredients

Seasoning Mix

- 1 teaspoon salt
- ½ teaspoon onion powder
- ½ teaspoon garlic powder
- ½ teaspoon dried oregano
- ½ teaspoon cumin
- ½ teaspoon chili powder
- ½ teaspoon paprika, smoked or regular
- ¼ teaspoon black pepper

Quesadilla

- 4 cups cooked, chopped chicken
- 1 tablespoon oil
- 2-3 cups sliced mushrooms (optional)
- 2 medium bell peppers (any color), cored and sliced into thin strips
- 1 large onion, sliced into thin half moon strips
- 2-3 tablespoons broth or water
- 2 cups shredded Monterey Jack cheese
- 1 cup shredded medium or sharp cheddar cheese
- 8 8-inch flour tortillas

Instructions

1. In a small bowl, add all the seasoning ingredients. Mix well.
2. Toss the chicken with 1/2 of the seasoning mixture. Set aside.
3. In a 12-inch nonstick skillet, heat the oil over medium heat. Add the mushrooms (if using), onions, and bell peppers. Sprinkle the remaining seasoning mixture over the veggies. Cook, stirring often, until the onions start to turn translucent, and the vegetables start to soften.
4. Add 2-3 tablespoons water or broth (omit this if there is already liquid in the pan from the mushrooms or other veggies). Continue cooking over medium heat for 2-3 minutes until the veggies are crisp-tender and the liquid has reduced slightly.
5. Assemble the quesadillas by spreading cheese on 1/2 of each tortilla. Top the cheese with chicken, veggies, more cheese, and then fold the tortilla in half over the filling ingredients.

6. Heat a 12-inch skillet or griddle over medium or medium-low heat. Add a touch of oil to the pan for a crispier quesadilla. Cook the quesadillas on one side until golden, moderating the heat as needed, pressing lightly with a spatula to compress and flatten a bit, if desired. Carefully flip the quesadillas with the spatula and cook on the other side until the tortilla is golden and the filling and cheese is hot and melted.
7. Cut into triangles and serve immediately.



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