



CHICKEN FAJITA QUESADILLA

August 18

National Fajita Day




INGREDIENTS

- 1 Pound Chicken, cooked, frozen, Diced or Pulled, no skin, wing meat, neck meat, giblet, or kidney (sliced into thin strips)
- 1 Tablespoon Olive Oil (plus extra for cooking)
- 1 Teaspoon Chili Powder
- 1 Teaspoon Ground Cumin
- ½ Teaspoon Garlic Powder
- ½ Teaspoon Onion Powder
- Salt and Pepper (to taste)
- 1 Cup Sliced Red Bell Pepper
- 1 Cup Sliced Green Bell Pepper
- 1 Cup Sliced Onion
- 2 Cups Shredded Mexican Blend Cheese
- 4 Tortilla, Soft, Flour (about 8"; enriched or whole grain-rich)

DIRECTIONS

1. In a large skillet over medium-high heat, heat the olive oil.
2. Season the chicken strips with chili powder, cumin, garlic powder, onion powder, salt, and pepper.
3. Add the seasoned chicken to the skillet and cook until no longer pink, about 5-6 minutes. Remove the chicken from the skillet and set aside.
4. In the same skillet, add a bit more oil if necessary, and sauté the sliced bell peppers and onion until softened, about 4-5 minutes.
5. Return the cooked chicken to the skillet with the vegetables and stir to combine.
6. Heat a clean skillet or griddle over medium heat and lightly grease with oil.
7. Place one tortilla on the skillet and sprinkle half of it with ½ cup of shredded cheese. Add a portion of the chicken and vegetable mixture over the cheese. Sprinkle an additional ½ cup of cheese on top of the filling.
8. Place another tortilla over the top. Cook until the bottom is golden brown and the cheese begins to melt, about 2-3 minutes.
9. Carefully flip the quesadilla and cook the other side until golden and crispy. Cut into 8 wedges.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Vegetable
-  Grain

MEAL TYPE

 Lunch/Supper

YIELD

16 Wedges

PORTION SIZES

Toddler	Preschool	School Age	Adult
1 Wedge	2 Wedges	4 Wedges	4 Wedges