

GRILLED CHICKEN QUESADILLA

Serves 1

INGREDIENTS

- 1 1/2 teaspoons salt-free Mexican seasoning
- Sea salt, to taste
- 1 (3 to 4 ounce) boneless, skinless chicken breast
- 1 (8-inch diameter) almond flour, cassava flour or whole wheat tortilla
- 2 ounces Lucerne® Reduced-Fat Shredded Sharp Cheddar Cheese
- 1 tablespoon whole green onion, finely chopped
- 1 teaspoon fresh cilantro, finely chopped, or more to taste
- 1 teaspoon green jalapeño pepper, seeded and minced, or more to taste
- Fresh salsa, to taste



PREPARATION

1. Preheat the oven to 350°F.
2. Preheat the grill to high.
3. Mix the Mexican seasoning and salt in a small bowl. Rub the mixture evenly over the chicken. Let it stand for 10 minutes.
4. Place the chicken on the grill and turn the heat to medium, if possible. Grill it for 2 to 4 minutes per side, or until no longer pink inside. Let it stand for 5 to 10 minutes, until cooled, and then coarsely chop it.
5. Place the tortilla on a nonstick baking sheet. Sprinkle half of the cheese evenly over half of the tortilla, followed by the chicken, green onion, cilantro, jalapeño, and finally the remaining cheese. Fold the bare half over the filling. Bake for 4 to 7 minutes, or until the cheese is melted.
6. Use a spatula to transfer the quesadilla to a clean, dry cutting board. Slice it into 4 wedges. Then transfer the wedges to a plate and top with salsa to taste.
7. Serve immediately.