

Chicken Quesadilla Sandwiches

Makes: 3 large sandwiches cut into 6

Serves: 6

Ingredients:

3 breasts boneless chicken
Oil for cooking
¼ cup chopped fresh cilantro
¼ teaspoon ground cumin
6 large flour tortillas for burritos
Cooking spray
2 cup shredded Monterey Jack cheese
8 ounce salsa (optional)

Directions:

1. Cut chicken into bite sized pieces. Using 3 tablespoons of oil fry chicken in a skillet until cooked.
2. In a small bowl, mix chicken, cilantro and cumin.
3. Spray 1 side of 1 tortilla with cooking spray; place sprayed side down in skillet. Next, layer the tortilla with 1/3 of the chicken mixture, 1/3 cup of the cheese to within 1/2 inch of edge of a tortilla. Top with another tortilla; spray top of tortilla with cooking spray.
4. Cook over medium-high heat 4 to 6 minutes, turning after 2 minutes, until light golden brown. Repeat with remaining tortillas, chicken mixture, and cheese. Cut quesadillas into wedges. Serve with salsa.