
Asian Chicken Quesadilla

Joan Reinhold

Nettles Island Cooking in Paradise - 2014

3 to 4 boneless chicken breasts

fresh ginger, sliced

minced garlic

1/2 to 3/4 cup soy sauce

flour tortillas

grated cheese

In a saucepan, marinate the ginger, garlic and soy sauce for 30 minutes. Bring to a boil.

Place the chicken in a sealable plastic bag. Pour the marinade liquid over the breasts and seal.

Refrigerate for four hours.

Preheat the oven to 400 degrees.

In a skillet, fry the chicken in olive oil until done. Slice the chicken.

Place a tortilla on a flat surface. Layer the chicken and cheese on the tortilla. Place another tortilla on the top. Press to seal the edges.

Bake the quesadilla until brown and crispy, approximately 5 minutes.

Slice the quesadilla into four quarters.

Sandwiches

Per Serving (excluding unknown items): 76 Calories; trace Fat (1.3% calories from fat); 7g Protein; 12g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 8230mg Sodium. Exchanges: 3 Vegetable.