

Chicken Quesadilla

Amy Olson

Feasting With Friends - Martin Memorial Auxiliary, Inc - 2011

*1 pound or more boneless
chicken (white or dark)*

Cajun seasoning

1 jar salsa

jalapeno peppers, chopped

*1 package (8 ounce) sharp
cheddar cheese, shredded*

*1 package (8 ounce) cream
cheese, softened*

*1 package (medium size)
soft tortillas*

Season the chicken with the Cajun spice. Bake in the oven or microwave until done.

Chop the chicken and place in a bowl. Pour the salsa over the top. Add the jalapenos, cheddar cheese and cream cheese. Mix well.

Spread about two tablespoons or more on a tortilla. Top with another tortilla. Pan fry on each side.

Cut into triangles and serve.

Per Serving (excluding unknown items): 1339 Calories; 119g Fat (78.6% calories from fat); 49g Protein; 24g Carbohydrate; 4g Dietary Fiber; 373mg Cholesterol; 2513mg Sodium. Exchanges: 6 1/2 Lean Meat; 2 1/2 Vegetable; 20 Fat.