

# Two-Cheese Chicken Quesadillas

*with Chive-Sour Cream & Spinach and Apple Salad*

We're taking this fun dish to the next level with two kinds of cheese and a crunchy, gourmet salad. Pepper Jack cheese is a version of Monterey Jack, a delicate, mild variety first made by Californian friars in the 1800's. For Pepper Jack, jalapeños are added directly to the cheese curds during production. The finished cheese is smooth and buttery, with a kick of spice.



## Ingredients

- 4 Ounces Baby Spinach
- 2 Ounces Sharp Cheddar Cheese
- 2 Ounces Pepper Jack Cheese
- 1 Bunch Chives
- 1 Bunch Cilantro
- 1 Granny Smith Apple
- 1 Lime
- 1 Red Bell Pepper
- 1 Red Onion
- 2 Boneless, Skinless Chicken Breasts
- 1 Teaspoon Ground Cumin
- 3 Tablespoons Low-fat Sour Cream
- 2 10-Inch Flour Tortillas

Makes 2 Servings

About 700 Calories Per Serving



## Instructions



### *Prepare the ingredients:*

Wash and dry the fresh produce. Thinly slice the cheeses. Mince the chives. Pick the cilantro leaves off the stems; discard the stems. Cut the lime into quarters. Cut the apple into thin matchsticks and toss with **the juice of 1 lime wedge**. Peel and thinly slice the red onion. Remove the stem, seeds and ribs of the pepper; slice the pepper into thin strips.



### *Cook the chicken:*

Season the **chicken** with salt and pepper on both sides. In a large pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium until hot. Add the chicken and cook 4 to 6 minutes on the first side, or until browned. (Loosely cover the chicken with foil to help it cook faster.) Flip the chicken then add the **pepper** and **half of the red onion** (save the rest for the salad). Cook, stirring occasionally, 4 to 6 minutes, or until the chicken is cooked through and the vegetables have softened. Remove from heat and stir in the **cumin**. Transfer to a plate and wipe out the pan.



### *Make the chive-sour cream:*

While the chicken is cooking, in a small bowl, combine the **chives**, **sour cream** and **the juice of 1 lime wedge**. Season with salt and pepper to taste.



### *Assemble the quesadillas:*

When cool enough to handle, slice each **cooked chicken breast** into 1/8-inch strips. Lay the **tortillas** out on a work surface and cover half of each tortilla with **the pepper jack and cheddar cheeses**. Top the cheese with the **cooked chicken, cooked vegetables** and **half the cilantro** (save the rest for the salad). Fold each tortilla in half and press down to close the quesadilla.



### *Cook the quesadillas:*

In the same pan used to cook the chicken, heat 2 teaspoons of olive oil on medium until hot. Add the **assembled quesadillas**, and cook 2 to 4 minutes per side, or until browned and the cheese has melted, flipping carefully.



### *Make the salad:*

In a large bowl, combine the **spinach**, **apple**, **remaining red onion** and **remaining cilantro**. Toss with the juice of **the remaining lime wedges** and a drizzle of olive oil; season with salt and pepper. To plate your dish, cut each quesadilla into 4 wedges and divide between 2 plates. Garnish with the **chive-sour cream** and serve each with the **spinach-apple salad** on the side. Enjoy!