

Quesadillas

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	1 boneless chicken breast
	1 can (4 oz) diced green chiles
	2 tbs. sour cream
	12 6-inch tortillas
	Shredded cheese (any good melting cheese is fine – mozzarella works well also)
	Salt
	Pepper

Serves 4

	Instructions
1)	Poach the chicken breast in water. Once cooked through, dice the chicken into very small pieces. Place chicken in a medium-sized bowl. Add chiles and sour cream. Stir mixture together. Add salt and pepper to taste. This is the quesadilla filling.
2)	Place a tortilla in a large non-stick skillet. Brown the tortilla lightly on one side. Turn the tortilla over and add the chicken mixture to one half of the tortilla. Top the chicken filing with some cheese. Fold the tortilla over the filling (it should now look like a taco lying on its side) and cook until the cheese is melted. Be sure not to burn the tortilla, you can flip the quesadilla as needed until the cheese is melted.
3)	Once cooked, chop the quesadilla in half.
4)	Serve with sour cream and guacamole