







Loaded Chicken & Salsa Quesadilla

INGREDIENTS

- 6 oz. chicken tenders
- 1 Tbsp. oil
-  1 tsp chili powder
- 2 Tbsp. water
-  1 can whole corn
-  1 can black beans, rinsed & drained
-  1 can diced tomatoes
- 1/4 cup diced onions & cilantro
-  6 (8") soft flour tortillas
- 2 cups shredded Mexican cheese blend



 = food club® brand

DIRECTIONS

In skillet, brown chicken on both sides in oil. Sprinkle w chili powder, add water, cover, cook 5-7 min. Remove from heat & let cool. Shred chicken in a large bowl; add corn, beans, 1/2 tomatoes, onions and cilantro. For each quesadilla, spread 3/4 cup chicken mix over half of a tortilla, top w 1/3 cup cheese. Fold tortilla and brown on both sides in skillet over medium heat. Serve warm topped with remaining tomatoes