



## Mexican Chicken Quesadilla

|                  |              |
|------------------|--------------|
| Preparation Time | 20 minutes   |
| Cooking Time     | 20 minutes   |
| Standing         | 0 minutes    |
| Serves           | 4-6 Portions |

| Ingredients:                                  |   |
|---|---|
| 2 cups shredded cooked chicken breast         | 1 cup Thick & Chunky Tomato Salsa (see Recipe)            |
| 1/2 cup corn                                  | 1 cup Finely grated Cheese (Mixed, Cheddar Or mozzarella) |
| 4 Spring onions, sliced                       | 8 flour tortillas   |
| 1/2 cup rinsed and drained canned black beans |   |

### Method:

1. Layer first 6 ingredients evenly on half of each tortilla; fold in half to enclose filling.
2. Heat large non-stick skillet or pan on medium-high heat.
3. Add quesadillas to pan and cook for 3 min on each side or until cheese is melted and quesadillas are evenly browned on both sides.
4. Repeat with remaining quesadillas.



Transforming Lives™



## Thick & Chunky Tomato Salsa

|                  |              |
|------------------|--------------|
| Preparation Time | 20 minutes   |
| Cooking Time     | 20 minutes   |
| Standing         | 0 minutes    |
| Serves           | 4-6 Portions |

| Ingredients:  |   |
|---|---|
| 4 large peeled chopped tomatoes<br>1 large green pepper, chopped<br>1 medium onion, chopped<br>1 red Chilli, seeded and chopped (Optional)<br>1 Jalapeno, seeded and chopped (Optional)<br>1 tablespoon sugar | 2 teaspoons salt<br>1 garlic clove, minced<br>3/4 teaspoon ground cumin<br>1 can tomato paste<br>1/4 cup white vinegar<br>2 tablespoons lemon juice |

### Method:

1. In a large saucepan, combine the first nine ingredients.
  2. Stir in the tomato paste, vinegar and lemon juice. Bring to a boil.
  3. Reduce heat; simmer, uncovered, for 15 min, stirring frequently.
  4. Use Immediately.
- OR
5. Cool to room temperature.
  6. Cover and refrigerate until chilled.



Transforming Lives™