

Chicken Quesadillas with Avocado-Cucumber Salsa

This is one of Sally's favorites.

Ingredients

- 1 English or 2 Kirby cucumbers
- Small red onion (2 Tbsp.)
- 1 1/2 Tbsp. cilantro
- 1 lime
- 1/2 Jalapeño pepper
- 1 avocado
- 1/4 tsp. kosher salt
- 1/4 tsp. pepper
- 1/2 lb. chicken breast
- 1/4 lb. (1 cup) shredded Monterey Jack cheese
- 4, 6-inch flour tortillas
- 1 Tbsp. olive oil



Equipment



- Plane zester

Chicken Quesadillas:

☑	Description	Time (min)	Time (min)
	Cut 1/2 lb. of chicken breast into 2" pieces. Place in cold water in a pan. Bring to a boil and cook until done.		
	Peel and dice cucumber	4	
	Finely chop 1 1/2 Tbsp. of cilantro	2	
	Use a plane zester to remove 1 1/2 tsp. lime zest	2	
	Cut lime and squeeze 1 Tbsp. fresh lime juice	2	20
	Cut Jalapeño pepper in half. Remove seeds. Chop half of pepper finely.	4	
	Dice 2 Tbsp. small red onion.	3	
	Peel the avocado, remove the pit, and then dice	3	
	Remove chicken from hot water. Use two large forks to pull the chicken apart into shreds.	5	
	In a bowl, mix together the cucumbers, cilantro, lime zest, lime juice, Jalapeño, red onion, and avocado.	3	
	Place half of the chicken and cheese mixture between two tortillas. Brush top and bottom with olive oil. Repeat with remaining tortillas and chicken/cheese mixture.	5	
	Heat a large non-stick skillet very hot. Cook quesadillas one at a time to melt cheese inside and brown both sides. 1 1/2 to 2 min. per side.	6	
	Cut quesadillas into wedges. Top with salsa and serve.	2	
	Total	43 min	