

Buffalo Chick'n Quesadillas

DEVELOPED BY: Northern Michigan University

Servings: 4 Serving Size: 2 pieces

Ingredients	Quantity	Measure
Flour tortilla, 10"	3	Each
Olive oil	1	Tablespoon
Bell pepper, red or green, chopped	1	Each
Onion, diced	1/3	Cup
Plant Strength Chick'n Bites, cooked	1 ½	cups
Taco seasoning or fajita seasoning	2	Tablespoons
Moocho cheddar cheese	2	cups

Preparation

1. Heat 1 tablespoon olive oil over medium-high heat. Cook onions 2-3 minutes or until softened. Add bell peppers and cook for an additional 2-3 minutes.
2. Stir in chick'n bites, seasoning and 1/4 cup water. Simmer 3-4 minutes or until most of the liquid has evaporated.
3. Lay out the tortillas and sprinkle with ½ cup cheese on one half of the tortilla. Add ½ of the chick'n mixture. Fold half of the tortilla over the filling. Brush the outside of each tortilla with olive oil.
4. Heat a non-stick pan over medium-low heat (or a griddle). Lightly brown each quesadilla, 3-4 minutes per side or until golden and cheese is melted.
5. Cool 2-3 minutes and cut each tortilla into 3 pieces.

