

Chicken Quesadillas

Kitchen # _____

- 1-2 tsp coconut oil
- 1 cup cooked boneless skinless chicken, chopped
- 1/2 cup canned diced tomatoes with green chilies
- 1/2 cup canned black beans, rinsed and drained
- 1/2 cup canned corn, rinsed and drained
- 1 tsp cilantro
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/2 tsp cumin
- 1/4 tsp oregano
- 4 flour tortillas
- 1 1/3 cups shredded cheese (*cheddar, pepper jack, colby jack*)



Combine the chopped chicken, tomatoes, black beans, corn, cilantro, garlic powder, onion powder, cumin, and oregano. Season with salt and pepper.

Heat the oil in a nonstick skillet over medium high heat. Place the tortilla in the skillet and sprinkle with one quarter of the cheese. Spread with half of the chicken filling. Top with another one quarter of cheese. Place the second tortilla over the mixture and cook till the cheese melts and tortilla browns. Flip over and cook on the other side for 2-3 minutes more until tortilla browns and the cheese is fully melted. Repeat with remaining quesadillas. Once removed, place on a cutting board. Cut into quarters with a pizza cutter and divide up evenly among group members.

- _____ Measure & Chop chicken; add to bowl
- _____ Measure & drain tomatoes, black beans and corn; add to bowl
- _____ Measure the seasonings; add to bowl
- _____ Grate & Measure the cheese (do NOT add to the bowl)
- _____ Collect tortillas & Measure oil; add to pan and heat
- _____ Build & Cook the first set of quesadillas
- _____ Build & Cook the second set of quesadillas
- _____ Cut quesadillas into quarters & Serve

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- _____ Wash dishes & Empty sink drains
 - _____ Rinse & Dry dishes & Dry sink/faucet area
 - _____ Put dishes away & place dirty towels in basket
 - _____ Wipe off all counter, stove, microwave and table surfaces
 - _____ Sweep the floor & place recipe in the teacher's basket

Pre-Lab Questions

1. What must you do to the chicken before preparing the quesadillas?
2. What must you do to the tomatoes, beans and corn before adding them to the bowl? Why?
3. Which seasoning do you think are herbs and which are spices?
4. Does this recipe represent a full or half quesadilla? Evidence?
5. When the recipe refers to “quarters”, approximately what fraction or size is it?
6. Why do you need to wait for the cheese to melt before attempting to flip the quesadilla? (think about consequences of not waiting)
7. What tool are you using to cut the quesadillas?
8. Are all of the components that make up a quesadilla present in this recipe?
9. Which quesadilla component has the most ingredients represented in this recipe?
10. Which ingredients in this recipe fall into each food group on MyPlate?

Fruits	Vegetables	Grains	Protein	Dairy	Fats & Oils

