

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.		20
	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	
	Cut Jalapeño pepper in half. Remove seeds. Chop half of pepper finely.	4	
	Dice 2 Tbsp. small red onion.	3	
	Cut the avocado in half and remove the pit. Hold one half and score the fruit into small squares inside the skin. Turn inside out and slice fruit from the skin. Repeat with the other half.	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 to make the salsa.	3	
	Toss the shredded chicken with 1 cup shredded cheese	1	
	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	