



CHICKEN PINEAPPLE QUESADILLAS

with Pico de Gallo and Southwestern Spices



HELLO

SOUTHWEST SPICE BLEND

Chili powder, garlic, and cumin bring flavors that gallop in like a cowboy at the rodeo.

PREP: 10 MIN | **TOTAL: 30 MIN** | **CALORIES: 670**



Red Onion



Pineapple



Roma Tomato



Lime



Flour Tortillas
(Contains: Wheat)



Sour Cream
(Contains: Milk)



Green Bell Pepper



Chicken Breast



Cilantro



Southwest
Spice Blend



Mozzarella Cheese
(Contains: Milk)

START STRONG

Not in the mood to heat up the oven? No sweat: try toasting the quesadillas in a large pan over medium-low heat instead.

BUST OUT

- Small bowl
- Strainer
- Large pan
- Baking sheet
- Oil (4 tsp | 8 tsp)

INGREDIENTS

Ingredient 2-person | 4-person

• Red Onion	1 1
• Green Bell Pepper	1 2
• Pineapple	4 oz 8 oz
• Chicken Breast	6 oz 12 oz
• Roma Tomato	1 2
• Cilantro	¼ oz ¼ oz
• Lime	1 1
• Southwest Spice Blend	1 TBSP 2 TBSP
• Flour Tortillas	2 4
• Mozzarella Cheese	1 Cup 2 Cups
• Sour Cream	2 TBSP 4 TBSP

HELLO WINE



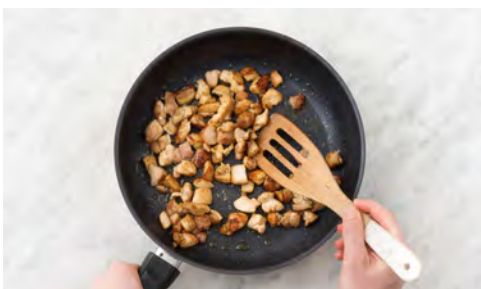
PAIR WITH
Barquette Monterey County
Chardonnay, 2015

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1 PREHEAT AND PREP

Wash and dry all produce. Preheat broiler to high or oven to 500 degrees. Halve, peel, and thinly slice **onion**. Mince a few slices until you have 2 TBSP, then set this aside in a small bowl. Core, seed, and thinly slice **bell pepper**. Drain **pineapple**. Cut half the **chicken** into ½-inch cubes (use the rest as you like).



4 COOK FILLING

Add a drizzle of **oil**, **chicken**, and **Southwest spice** to pan used for veggies over medium-high heat. Cook, tossing, until chicken is no longer pink in center, 3-4 minutes. Season with **salt** and **pepper**. Return **veggies** to pan along with a squeeze of **lime** and remaining **cilantro**. Toss to combine, then remove pan from heat.



2 COOK VEGGIES

Heat a drizzle of **oil** in a large pan over medium-high heat. Add **sliced onion** and **bell pepper**. Cook, tossing, until softened, 4-5 minutes. Season with **salt** and **pepper**. Add **pineapple** and cook, tossing, until lightly browned, 2-3 minutes. Season with salt and pepper. Remove from pan and set aside.



5 MAKE QUESADILLAS

Rub one side of a **tortilla** with a drizzle of **oil**. Repeat with other tortilla. Place both tortillas oiled-side down on a baking sheet. Take half the **mozzarella** and sprinkle it onto tortillas in an even layer. Top with **filling**, then sprinkle with remaining mozzarella. Fold tortillas in half to create two quesadillas.



3 MAKE PICO DE GALLO

While veggies cook, dice **tomato** and chop **cilantro**. Halve **lime**. Add tomato, half the cilantro, and a squeeze of lime to bowl with **minced onion** and toss to combine. Season with **salt** and **pepper**.



6 FINISH AND SERVE

Broil or bake **quesadillas** until golden brown on top, 1-2 minutes. Flip and repeat with other side. (**TIP:** Keep an eye on these—they can burn.) Cut into wedges, then serve with **pico de gallo** and **sour cream** on the side.

GOLDEN!

Pineapple's sweet sensation makes this a medal-worthy meal.

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