

Hello
FRESH



OCT
2016

Chicken and Pineapple Quesadillas

with Sweet Peppers, Caramelized Onion, and Pico de Gallo

If you thought sweet-and-savory combos were delicious, prepare to be blown away by this creamy cheese and pineapple dream-come-true. Although we recommend using only one chicken breast for the filling, feel free to use both for a super stuffed quesadilla.



Prep: 10 min
Total: 30 min



level 1



nut
free



Chicken
Breasts



Whole Wheat
Tortillas



Green Bell
Pepper



Red
Onion



Grape
Tomatoes



Pineapple



Southwest
Seasoning



Monterey
Jack Cheese



Cilantro



Lime



Sour
Cream

Ingredients

	2 People	4 People
Chicken Breasts	6 oz	12 oz
Whole Wheat Tortillas	1)	4
Green Bell Pepper	1	2
Red Onion	1	2
Grape Tomatoes	4 oz	8 oz
Pineapple	4 oz	8 oz
Southwest Seasoning	1 T	2 T
Monterey Jack Cheese	2)	1 Cup
Cilantro	¼ oz	¼ oz
Lime	1	1
Sour Cream	2)	4 T
Olive Oil*	1 T	2 T

*Not Included

Allergens

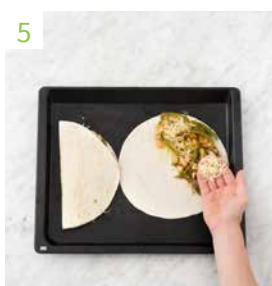
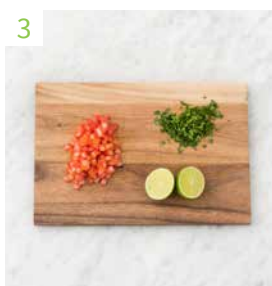
1) Wheat

2) Milk

Tools

Small bowl, Strainer,
Large pan, Baking sheet

Nutrition per person Calories: 546 cal | Fat: 24 g | Sat. Fat: 9 g | Protein: 35 g | Carbs: 55 g | Sugar: 16 g | Sodium: 668 mg | Fiber: 10 g



1 Prep: Wash and dry all produce. Preheat the broiler to high or oven to 500 degrees. Halve, peel, and thinly slice the **red onion**. Mince a few onion slices (you'll want about 2 Tablespoons) for the **pico de gallo**. Set aside in a small bowl. Core, seed, and thinly slice the **bell pepper**. Drain the **pineapple**. Cut **1 chicken breast** into ½-inch cubes. (Keep the other for a later use.)

2 Cook the peppers and onions: Heat a drizzle of **olive oil** in a large pan over medium-high heat. Add the sliced **red onions** and **bell peppers**. Cook, tossing occasionally, for 4-5 minutes, until softened. Season with **salt** and **pepper**.

3 Make the pico de gallo: Meanwhile, finely chop the **tomatoes**. Chop the **cilantro**. Halve the **lime**. Add the **tomatoes** and half the cilantro to the bowl with the minced **red onions**. Stir in a squeeze of lime, and season with **salt** and **pepper**.

4 Cook the pineapple and chicken: Add the **pineapple** to the pan with the **peppers** and **onions**. Cook 2-3 minutes, until slightly caramelized. Season with **salt** and **pepper**. Remove from the pan and set aside. Add the **chicken**, a drizzle of **olive oil**, and the **Southwest seasoning** to the pan. Cook, tossing, for 3-4 minutes, until cooked through. Season with **salt** and **pepper**. Return the **pineapple mixture** to the pan along with a squeeze of **lime** and the remaining **cilantro**.

5 Assemble the quesadillas: Using **2 tortillas** (we sent more), rub one side of each with a small drizzle of **olive oil**. Place oil-side down on a baking sheet. Spread **half the cheese** evenly onto each tortilla. Top with the **chicken mixture** and remaining cheese. Fold the tortillas over. Place under the broiler for 1-2 minutes, until golden brown. Flip and broil 1-2 minutes on the other side. **TIP:** Watch carefully so they don't burn!

6 Serve: Cut the **chicken and pineapple quesadillas** into wedges, and serve with the **pico de gallo** and **sour cream**. Enjoy!