

RIO GRANDE CHICKEN QUESADILLA



INGREDIENTS:

Sour Cream	1 ½ cup
Guacamole , Frozen	1 ½ cup
Tortilla, Flour 10-inch	25 ea
Cheese, Shredded	3 cups
Chicken Breast, Thawed	25 ea
Red or Green Peppers, Fresh, Roasted	13 ea
Onions, Fresh	4 ea

NUTRITIONAL VALUE:

Calorie: 479
Fat: 16g
Cholesterol: 97mg
Sodium: 675mg

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Method of Preparation

1. Heat grill to 350 °F
2. Mix together Sour Cream and Guacamole to make your Guacamole/Sour Cream mix. Set aside for later use
3. Grill Chicken Breast until cooked to the proper internal temperature, 165° F. Slice the chicken lengthwise and set aside for later use.
4. Slice Onions
5. Grill Red or Green Peppers and Onions. Refer to the Roasting and Grilling Vegetables training video on www.usafservices.com
6. After the peppers have been grilled, peel and slice length wise.
7. Take one whole tortilla and spread 2 Tbsp of the Guacamole/Sour Cream mixture evenly over one side of the tortilla.
8. Distribute 2 Tbsp of the Three-Cheese Mix on half of the tortilla, leaving a ½ inch border around the tortilla without cheese.
9. Place Red Peppers, Onions and Chicken Breast on top of the cheese, distributing evenly
10. Carefully fold over the side of the tortilla without ingredients over the side with the ingredients
11. Place tortilla on lightly oiled and heated grill. Press lightly with spatula until cheese begins to melt and tortilla becomes soft. Using two spatulas, flip quesadilla over and heat
12. Serve immediately

*Wheat or Spinach Tortilla may be used in place of Flour Tortilla based on customer preference.

*Note-Nutritional Information will change based on type of tortilla used and if customer prefers the guacamole and sour cream mix.

For more information regarding Operation Refresh recipes visit our website www.usafservices.com