

Chicken Quesadillas with Salsa and Guacamole

(3-4 servings)

Ingredients

- Olive oil
- Salt and pepper
- 1 yellow onion, diced
- 1 bunch cilantro, stems and leaves chopped separately
- 2 large cloves of garlic, mashed or rasped
- 6 boneless, skinless chicken thighs, cubed
- ~1 tsp each of oregano, ground cumin, ground coriander
- ¼ tsp hot pepper flakes
- 1 small red onion diced
- 1 or 2 jalapeno peppers, finely diced
- 1 small jar of commercial salsa (e.g. Pace), medium or less spicy
- 1 large ripe avocado
- Juice from 1 lime
- ~6 cherry tomatoes, quartered
- 12 medium (8 inch?) soft tortillas
- Large bag of shredded cheese
- Bacon fat or oil

Method

Chicken

1. Cook yellow onion and chopped cilantro stems in a covered fry pan over medium low heat with a tbsp of olive oil until soft (5 to 10 minutes).
2. Stir in 1 clove of mashed garlic. Stir in cubed chicken, oregano, cumin, coriander and hot pepper flakes. Season with salt and pepper. Cover and cook over medium heat until chicken is done. Remove lid for last half of cooking time to cook off liquid. Reserve chicken.

Salsa

3. Place jar of salsa in a bowl. Stir in ~1/2 each of diced red onion, chopped cilantro leaves, jalapeno pepper. Allow to rest to combine flavours.

Guacamole

4. Remove avocado from skin and mash with lime juice and some salt.
5. Stir in remaining mashed garlic clove, diced red onion, chopped cilantro leaves, jalapeno pepper and quartered tomatoes. Allow to rest to combine flavours.

Quesadillas

6. Heat oven on broil.
7. Arrange tortillas on baking sheets, folded in half. Portion chicken into the folded tortillas, and cover with a small handful of shredded cheese. Close tortillas and brush tops with melted bacon fat or oil.
8. Alternating baking sheets, cook top halves of tortillas under broiler until brown. When brown on one side, flip tortillas and brush bottom halves with melted bacon fat or oil. Return to oven and brown bottom halves.
9. Serve with salsa and guacamole.

Notes

- You could prepare some Mexican red beans to serve with the quesadillas.
- The quesadillas could be cooked folded in half, or as rounds, in a fry pan.
- Chicken thighs work well because they do not dry out during cooking.
- You could substitute diced or ground meat for the chicken, or even try fish or cooked beans.
- Adjust the jalapeno and pepper flakes to get desired heat level.