

Southwest BBQ Chicken Quesadillas

Ingredients:

1 pre-cooked chicken breast, diced	1/2 tsp (2.5 mL) chili powder
1/4 cup black beans	1/4 tsp (1.25 mL) paprika
1/4 cup corn	1/4 tsp (1.25 mL) salt
1/2 red pepper, diced	1/3 cup (80 mL) BBQ sauce
1 1/2 cups (375 mL) shredded mozzarella	2-3 tortillas

Directions:

1. Dice chicken into even sizes. If starting with raw chicken, cook before adding to mixture.
2. Dice red pepper into even sizes.
3. In a large mixing bowl combine chili powder, paprika, salt and BBQ sauce.
4. Add chicken, peppers, black beans, corn and cheese to mixing bowl and stir until evenly coated with BBQ sauce mixture.
 - a. If someone in your kitchen is vegetarian, keep chicken in a separate bowl until after they have made their quesadilla, THEN add chicken to remaining veggie/cheese mixture and make remaining quesadillas.
5. Place about 1/3 of the BBQ chicken mixture on each tortilla and spread it evenly over one half of the surface. Fold the tortilla closed.
6. Cook the filled and folded tortillas in a dry frying pan over medium-low heat, until the outside is brown and crispy, the filling has heated through, and the cheese has melted. Flip towards the sealed edge and continue cooking until the other side is brown and crispy.
7. Cut each quesadilla in half and serve.

Adapted from: <https://www.budgetbytes.com/ultimate-bbq-chicken-quesadillas/>