



quesadillas (barbecue chicken)

SERVINGS

4

TIME

40 minutes

INGREDIENTS

- 8 8-inch tortillas
- 1 small onion
- 1 pound chicken breast
- ½ cup barbecue sauce
- ½ teaspoon salt
- ¼ teaspoon pepper
- 1-2 cups Monterey Jack and/or Cheddar

EQUIPMENT

- Skillet
- Cheese Grater
- Cutting board and knife
- 2 forks
- Spatula
- Mixing bowl (3)

DIRECTIONS

- Preheat oven to 350°F.
- Place chicken on oiled baking sheet and season with ½ teaspoon of the oil, salt, and pepper. Flip and repeat. Bake for about 15-18 minutes, or until cooked through. Place on a cutting board to cool.
- Grate cheese into a bowl.
- Cut onion in half, slicing through the root. Peel half of the onion. Thinly slice the onion along the grain, taking care not to go through the root. Turn 90° and slice into small pieces. Repeat with other half (watch video)
- Heat a skillet over medium heat. Add 2 teaspoons oil and onions, and cook, stirring often, until onions are golden brown and caramelized, about 15 minutes.
- Shred chicken using two forks (watch video). Place in a bowl and add barbecue sauce. Stir to coat. Stir onions into chicken mixture.
- Place a tortilla on a flat surface and sprinkle about ¼ cup cheese on top. Then sprinkle a quarter of the chicken mixture on top of the cheese. Top with another ¼ cup cheese and another tortilla. Carefully transfer to the skillet and press down gently. Cook until starting to brown on the bottom. Flip, and cook until the cheese is melted and the bottom is starting to brown.

TIPS TO INVOLVE THE KIDS

- Wash Hands!
- Designate an area to get a bit messy!
- If appropriate, let kids cut the onion.
- Let the kids shred the chicken with 2 forks.
- Let each kid make assemble their own quesadillas. Use enough cheese as the glue!

EXTRA!

- Make a batch of salsa and dunk your quesadillas!

