

Margarita Chicken Quesadillas

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Preparation Time: 35 minutes

Bake Time: 10 minutes

4 (5-ounce each) boneless/ skinless chicken breast halves
3/4 cup frozen limeade concentrate, thawed
1 large onion, sliced
1 medium sweet orange pepper, julienned
1 medium sweet yellow pepper, julienned
2 tablespoons canola oil
1/4 teaspoon salt
1/4 teaspoon pepper
4 10-inch flour tortillas
1 cup (4 oz) Monterey Jack cheese, shredded
2 tablespoons butter, melted
1 tablespoon lime juice
1 tablespoon fresh cilantro, chopped
lime wedges (optional)

Place the chicken in a large resealable plastic bag. Add the limeade concentrate. Seal the bag and turn to coat. Refrigerate for six hours or overnight.

In a skillet, saute' the onion and sweet peppers in oil until tender. Season with salt and pepper. Set aside.

Moisten a paper towel with cooking oil. Use long-handled tongs to coat the grill rack.

Drain and discard the marinade.

Grill the chicken, covered, over medium heat OR broil 4-inches from the heat for 5 to 8 minutes on each side or until a thermometer reads 170 degrees., Cut into 1/4-inch strips and set aside.

Preheat the oven to 350 degrees.

On one-half of each tortilla, layer the Monterey Jack cheese, chicken, pepper mixture and cheddar cheese. Fold over. Place the quesadillas on a baking sheet. Combine the butter and lime juice. Brush over the tortillas.

Bake at 350 degrees for 8 to 10 minutes or until the cheese is melted.

Cut each quesadilla into four wedges. Sprinkle with cilantro.

Serve with lime wedges, if desired.

Yield: 16 wedges

Per Serving (excluding unknown items): 1882 Calories; 105g Fat (50.2% calories from fat); 56g Protein; 180g Carbohydrate; 12g Dietary Fiber; 163mg Cholesterol; 2756mg Sodium. Exchanges: 10 1/2 Grain(Starch); 4 Lean Meat; 3 Vegetable; 0 Fruit; 18 1/2 Fat.