

Cuban Chicken Quesadilla

The flavors of a classic Cuban sandwich toasted in a quesadilla form. With Dijon coated chicken, ham, melted Swiss, and our house pickled veggies, it's super simple, super delicious.

30 *Minutes to the Table*

30 *Minutes Hands On*

2 Whisks *Easy*

Getting Organized

EQUIPMENT

Baking Sheet
Large Skillet
Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Chicken Breast
Dijon Mayo
Tortillas
Ham
Swiss Cheese
Pickled Veggies

Good To Know

Our free-range chickens thrive on an all-natural diet. They are never fed growth hormones and receive no antibiotics in their feed, their water, through intramuscular injection, or even the egg...ever.

Health snapshot per serving – 910 Calories, 73g Protein, 48g Fat, 45g Carbs.

Lightened Up Health snapshot per serving – 630 Calories, 33g Fat, 20g Carbs, using half the tortillas and half the cheese.

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Chicken Breast, Ham, Flour Tortilla, Broccoli, Swiss, Red Onion, Carrot, Dill, Dijon Mustard, Mayonnaise, Rice Wine Vinegar, Kosher Salt, Sugar.

meez meals

1. Get Organized

Preheat your oven to 400 degrees.

2. Cook the Chicken

Heat a large skillet with 1½ Tbsp of olive oil over medium high heat. Pat dry the **Chicken Breast** and lightly salt and pepper both sides. When the oil is hot, add the chicken and cook until the bottom is brown, about 4 to 5 minutes. Flip, then cook until the other side is brown, about 4 additional minutes. Transfer the chicken to a cutting board and let rest for 5 minutes.

Once the chicken has rested, hold the chicken in place with one fork and with a second fork, shred the chicken (into pieces typical of the size used in chicken soup). Put the shredded chicken in a mixing bowl with the **Dijon Mayo** and stir until the chicken is well coated.

3. Build the Quesadilla

Brush a baking sheet with olive oil. Take one **Tortilla** and wipe it through the oil to coat one side. Repeat with the second tortilla, leaving it on the baking sheet oiled side down. Cut each slice of **Ham** in half.

Arrange the **Swiss Cheese** in a single layer on one half of each tortilla. Top with the sliced ham, covering as much of the cheese as possible. Spread the shredded chicken in a single layer on top of the ham and fold each tortilla over to create a half-moon. Press down firmly on each tortilla to keep it closed.

4. Bake and Finish

Bake the quesadillas until the top and edges are golden brown, about 8 to 10 minutes. Flip the quesadillas and cook for an additional 3 to 4 minutes. Remove from the oven and let rest for at least 5 minutes. Drain the liquid from the **Pickled Veggies**. Once the quesadilla has rested, slice into triangles and top with the pickled veggies. Enjoy!

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois