

Chicken Quesadillas with Green Enchilada Sauce

Our chicken quesadillas are loaded with black beans, corn and Chihuahua cheese for filling meal that's magic with our mild, creamy, green enchilada sauce. It's a speedy dinner the whole family will love.

30 Minutes to the Table

20 Minutes Hands On

1 Whisks *Super Easy*

Getting Organized

EQUIPMENT

Baking Sheet
Large Skillet
Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt/pepper

MEEZ CONTAINERS

Chicken Breast
Green Enchilada
Sauce
Flour Tortillas
Mexican Cheese
Bean, Corn &
Tomatoes

Good to Know

If you ordered the **carb conscious version**, we sent cauliflower "rice" instead of the tortillas, reducing the **carbs per serving to 38g**. Prior to step 3, heat 1 Tbsp olive oil in a large skillet over high heat. When the oil is hot, add the cauliflower "rice" and cook until it starts to brown, about 2 to 3 minutes. Transfer the cooked cauliflower directly serving bowls. Spray or brush an oven-safe casserole dish with oil and layer the coated chicken, bean, corn & tomatoes and Mexican cheese in the dish. Bake for 10 to 12 minutes until the cheese is melted and ingredients are hot. Transfer to the serving bowls with the cauliflower "rice" and top with the remaining green enchilada sauce. Enjoy your Mexican Chicken Cauliflower "Rice" Bowl!

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

Health Snapshot per Serving 980 Calories, 71g Protein, 35g Fat, 93g Carbs, 30 Freestyle Points

Lightened Up Health Snapshot per Serving 680 Calories, 24g Fat, 58g Carbs, and 14 Freestyle Points, using half the tortillas and half the cheese.

**SCAN QR CODE
to view YouTube
cooking video**



INGREDIENTS Chicken Breast, Flour Tortillas, Yellow Onion, Red Onion, Tomatoes, Black Beans, Corn, Chihuahua Cheese, Monterey Jack, Green Enchilada Sauce, Garlic, Sour Cream, Cilantro, Parsley, Sugar, Lime, Cumin, Kosher Salt, Black Pepper, Coriander, Oregano.

meez meals

1. Get Organized

Preheat your oven to 400.

2. Cook the Chicken

Pat dry the **Chicken Breast** and generously season with salt and pepper (we use ¼ tsp salt and ¼ tsp pepper, so use about half per side, or more if you like).

Heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the chicken and cook until the bottom is crisp and brown, about 3 to 4 minutes. Turn the chicken and cook for another 3 to 4 minutes, until the other side is brown as well.

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 use a second fork to shred the chicken (into pieces typical of the size used in chicken soup). Combine the shredded chicken with half the **Green Enchilada Sauce** in a mixing bowl and stir until the chicken is well coated. Set aside.

3. Build and Bake the Quesadilla

Spray or brush a large baking sheet with olive oil. Take one **Flour Tortilla** and wipe it through the oil to coat one side. Repeat for the other tortilla, leaving them both on the baking sheet, oiled sides down. Drain any liquid from the **Bean, Corn & Tomatoes** package.

Sprinkle one-quarter of the **Mexican Cheese** on half of the first tortilla, then spread half of the Bean, Corn, & Tomatoes over the cheese, followed by half the shredded chicken and sauce. Sprinkle another one-quarter of the cheese on top, fold the tortilla over, and press down to keep it closed. Repeat for the second tortilla.

Bake until the quesadillas top is golden brown, about 6 to 8 minutes. Flip and cook until the other side is also brown, another 3 to 5 minutes. Remove from the oven.

4. Put It All Together

Top with the remaining enchilada sauce and enjoy!

Instructions for two servings.

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