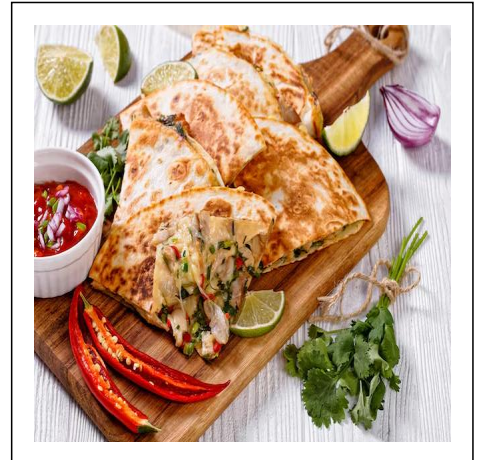


Recipe Name: Chicken Chilli Cheese Quesadillas Recipe
Diet Type: Non-Vegetarian
Course: Lunch
Cuisine: Mexican
Quantity:



Ingredients

Ingredient	Quantity
• 250 grams Boneless chicken	4
• 1 tablespoon Chipotle sauce	
• 1 cup Cheddar cheese - shredded	
• 1 Onion - sliced	
• 1 Green Bell Pepper (Capsicum) - sliced	
• 1/2 teaspoon Black pepper powder - crushed	
• Salt - as required	
• 1/2 cup Sweet corn	
• 2 teaspoons Roasted tomato pasta sauce	
• 1 teaspoon Lemon juice	
• 1 teaspoon Butter	
• 6 Tortillas	

Preparation

- To begin making the Chicken Chilli Cheese Quesadillas recipe, firstly marinate chicken with chipotle paste, salt, crushed pepper and lime juice for minimum 40 minutes.
- Heat butter in a non stick pan, add onion and sliced green pepper and saute for a while.
- Now add the marinated chicken and saute for some more time.
- Add tomato sauce and mix well.
- Cook till chicken softens.
- Transfer the chicken mix in a microwave bowl and add in the cheese and corn.
- Mix well.
- Microwave on high for 2 minutes in oven and allow it to rest for a while.
- Take one tortilla sheet and add spoonful of chicken chilli cheese mix and spread evenly.
- Place another tortilla over it and grill on stove top grill pan.
- Carefully flip the other side and grill again by brushing a little butter on top.



- Transfer in a plate and carefully cut the quesadillas into four quadrants using a pizza cutter.
- Similarly make more quesadillas and serve hot with your favourite dip.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
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