

## Tropical Chicken Quesadillas

Yield: 4 to 6 dinner-sized servings

1/2 teaspoon cumin  
1 teaspoon oregano  
1/2 teaspoon garlic powder  
salt and pepper, to taste  
2 boneless chicken breasts, cut into 1-inch pieces  
2 tablespoons olive oil, divided  
1/2 onion, sliced  
1 bell pepper, sliced  
1 clove garlic, minced  
cooking spray  
1 1/2 cups shredded Mexican blend cheese  
1 cup [Avocado and Mango Salsa](#)  
8 tortillas

Combine the cumin, oregano, garlic powder, salt and pepper in a small bowl. Place the uncooked chicken pieces in a mixing bowl and season with the spices, stirring to evenly mix. Heat 1 tablespoon olive oil in a large skillet. Brown the chicken until cooked through; remove from the pan and shred into smaller pieces; set aside. In the same skillet, heat the other tablespoon olive oil then cook the onions and peppers with the salt and pepper until tender. Add the minced garlic and sauté until just fragrant, about 1 minute. Remove the peppers and onions from the pan and set aside.

Spray a tortilla with cooking spray and place, spray side down, in the skillet. On half of the tortilla, layer some cheese, chicken, onions/peppers and salsa. Fold the other side of the tortilla over the fillings and let cook until the bottom of the tortilla is golden and crispy. Flip and let cook until the other side is also golden and crispy.

Transfer the quesadilla onto a plate and cut into 4 wedges. Repeat with remaining tortillas and ingredients. Serve immediately.

Source: Adapted from [SkinnyTaste](#)