



In your box

- 1 Jalapeño Pepper
- 1 Red Onion
- 2 Roma Tomatoes
- 1 Lime
- 1 Tbsp. Taco Seasoning
- 6 Small Flour Tortillas
- 4 oz. Shredded Oaxacan Cheese
- 2 oz. Sour Cream

Customize It Options

- 12 oz. Diced Boneless Skinless Chicken Breasts
- 8 oz. Shrimp
- 10 oz. Ground Beef
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts

*Contains: milk, wheat

You will need

- Olive Oil, Pepper, Cooking Spray
- 2 Baking Sheets, Medium Non-Stick Pan, Mixing Bowl



Weeknight Chicken Quesadillas

with Oaxacan cheese and pico de gallo

NUTRITION per serving—Calories: 815, Carbohydrates: 64g, Fat: 36g, Protein: 58g, Sodium: 1738mg.

Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.

*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Prep & Cook Time

45-55 min.

Cook Within

5 days

Difficulty Level

Intermediate

Spice Level

Spicy

👑 Before you cook

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- If using fresh produce, thoroughly rinse and pat dry
- Preheat oven to **400 degrees**
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: **jalapeño, onion**

Customize It Instructions

- If using **whole chicken**, pat dry and cut into 1" dice. Follow same instruction as diced chicken.
- If using **shrimp**, follow same instruction as diced chicken in Steps 1 and 2, cooking over medium-high heat until shrimp reach minimum internal temperature.
- If using **ground beef**, follow same instructions as diced chicken in Step 2, breaking up meat until no pink remains and ground beef reaches a minimum internal temperature of 160 degrees, 4-6 minutes.

Minimum Internal Temperature

Steak 145° | Chicken 165° | Pork 145° | Salmon 145° | Shrimp 145°



1

Prepare the Ingredients

- Peel and halve **onion**. Cut halves into ¼" dice.
- Cut six rounds from pointed end of **jalapeño**. Seed, remove ribs, and mince remaining jalapeño. Wash hands and cutting board after working with jalapeño.
- Core **tomatoes** and cut into ¼" dice.
- Halve **lime**. Juice one half and cut remaining half into quarters.
- Pat **chicken** dry, and season all over with **seasoning blend**.



2

Cook the Chicken

- Heat 1 tsp. **olive oil** in a medium non-stick pan over medium heat. Add **chicken** to hot pan and stir occasionally until browned and chicken reaches a minimum internal temperature of 165 degrees, 5-7 minutes.
- Remove from burner. Season with a pinch of **pepper**.



3

Assemble the Quesadillas

- Place three **tortillas** on prepared baking sheet.
- Top tortillas equally with **chicken, cheese**, a pinch of **onion**, and ½ tsp. **minced jalapeño** (reserve remaining of both for pico de gallo). Top with remaining tortillas.
- Lightly coat top tortilla with **cooking spray**. Cover with foil, then stack a second baking sheet on top. Place a casserole dish or heavy oven-safe pan on baking sheet. This will "press" the quesadillas as they bake.



4

Bake the Quesadillas

- Bake **quesadillas** in hot oven until **cheese** is melted and quesadillas are warm throughout, 18-20 minutes.
- To cook on stovetop, place a medium non-stick pan over medium heat and add 1 tsp. **olive oil** to hot pan. Working in batches, place two or three quesadillas in pan (there should be no overlap). Cook until golden brown, 2-4 minutes per side. Repeat with remaining quesadillas, adding 1 tsp. **olive oil** for each batch.
- Rest baked quesadillas, 2 minutes.
- While quesadillas bake, make pico de gallo.



5

Make Pico de Gallo and Finish Dish

- In a mixing bowl, combine **tomatoes**, 3 Tbsp. reserved **onion**, 2 tsp. **lime juice**, remaining **minced jalapeño** (to taste), and a pinch of **pepper**. Stir occasionally while **quesadillas** bake.
- Plate dish as pictured on front of card, cutting **quesadillas** into quarters and topping with pico de gallo and **jalapeño rounds** (to taste). Squeeze **lime quarters** over quesadillas to taste. Serve **sour cream** on the side for dipping. Bon appétit!