



In your box

- 13 oz. Boneless Skinless Chicken Breasts
- 3 oz. Corn Kernels
- 1 Jalapeño Pepper
- ¼ oz. Cilantro
- 1 Lime
- 1 tsp. Powdered Ranch Seasoning
- 6 Small Flour Tortillas
- 2 oz. Shredded Cheddar Cheese
- 2 oz. Sour Cream



Ranch Chicken Quesadillas

with corn and jalapeño salsa

NUTRITION per serving—Calories: 832, Carbohydrates: 58g, Fat: 40g, Protein: 53g, Sodium: 1713mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time
25-35 min.

Cook Within
5 days

Difficulty Level ● ● ● ● ●
Intermediate

Spice Level ● ● ● ● ●
Mild

① You will need

Olive Oil, Salt, Cooking Spray
Baking Sheet, Large Non-Stick Pan, Mixing Bowl

👑 Before you cook

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

- Preheat oven to **400 degrees**
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil and cooking spray



1

Roast the Chicken

- Pat **chicken breasts** dry and place on prepared baking sheet. Drizzle with 1 tsp. **olive oil** and massage oil into chicken. *Thoroughly wash hands after touching raw chicken.*
- Roast in hot oven until chicken reaches a minimum internal temperature of 165 degrees, 17-20 minutes.
- While chicken roasts, cook corn.



2

Cook the Corn

- Place a large non-stick pan over medium-high heat and add 1 tsp. **olive oil**. Add **corn** to hot pan and stir often until lightly charred, 1-3 minutes.
- Transfer corn to a mixing bowl.
- Wipe pan clean and reserve.



3

Prepare Ingredients and Make Salsa

- Stem **jalapeño**, halve, seed, remove ribs, and mince. *Wash hands and cutting board after working with jalapeño.*
- Mince **cilantro** (no need to stem).
- Halve **lime**. Juice one half and cut other half into quarters.
- Add jalapeño (to taste), cilantro, 1 tsp. **lime juice**, 1 tsp. **olive oil**, and a pinch of **salt** to bowl with **corn** and stir to combine. Set aside.



4

Assemble the Quesadillas

- Slice cooked **chicken** thinly and return to baking sheet. Add **ranch seasoning** and toss to coat.
- Place **tortillas** on a clean work surface. Evenly distribute half the **cheese** on half of each tortilla. Top with chicken, then add remaining cheese.
- Fold tortilla over cheese.



5

Finish the Dish

- Return pan used to cook corn to 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.
- Plate dish as pictured on front of card, garnishing with **corn salsa** and **sour cream**. Squeeze **lime wedges** over quesadillas to taste. Bon appétit!