



In your box

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

Customize It Options

13 oz. Boneless Skinless Chicken Breasts
13 ½ oz. Organic Boneless Skinless Chicken Breasts
12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts

*Contains: milk, wheat

You will need

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



Ranch Chicken Quesadillas

with corn and jalapeño salsa

NUTRITION per serving—Calories: 794, Carbohydrates: 57g, Fat: 39g, Protein: 53g, Sodium: 1678mg.

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

30-40 min.

Cook Within

5 days

Difficulty Level

Intermediate

Spice Level

Mild

👑 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



1 Roast the Chicken

- Pat **chicken breasts** dry, drizzle with 1 tsp. **olive oil**, and season both sides with a pinch of **pepper**.
- Place chicken on prepared baking sheet and 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

- Mince **cilantro** (no need to stem).
- Halve **lime**. Juice one half and cut other half into quarters.
- Stem **jalapeño**, halve, seed, remove ribs, and mince. *Wash hands and cutting board after working with jalapeño.*
- 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 carefully toss to coat. *Baking sheet will be hot! Use a utensil.*
- 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 and chicken.



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**. Serve **sour cream** on the side for dipping. Squeeze **lime wedges** over quesadillas to taste. Bon appétit!