



#### In your box

- 1 tsp. BBQ Spice Rub
- 2 oz. Sour Cream
- ¼ oz. Cilantro
- 3 oz. Pineapple Chunks
- 3 oz. Shredded Cheddar Cheese
- 1 ½ oz. BBQ Sauce
- 2 Green Onions
- 6 Small Flour Tortillas

#### Customize It Options

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

\*Contains: milk, wheat

#### You will need

- Olive Oil, Salt
- 2 Mixing Bowls, Large Non-Stick Pan



## BBQ Pineapple and Chicken Quesadillas

with cilantro crema and green onion

NUTRITION per serving—Calories: 794, Carbohydrates: 62g, Fat: 36g, Protein: 53g, Sodium: 1580mg.

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

Easy

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
- ☐ Ingredient(s) used more than once: **green onions**

### Customize It Instructions

- If using **whole chicken breasts**, cut into 1" dice and follow same instructions as diced chicken.
- If using **ground pork**, follow same instructions as chicken in step 2, cooking with **spice rub** and a pinch of **salt** and breaking up meat until no pink remains, 5-7 minutes. Drain oil from pan before cooking pineapple, if desired.

Minimum Internal Temperature

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



1

### Prepare the Ingredients

- Coarsely chop **cilantro** (no need to stem).
- Pat **pineapple** dry and coarsely chop.
- Trim and thinly slice **green onions**, keeping white and green portions separate.
- Pat **diced chicken** dry, and season all over with **spice rub** and a pinch of **salt**.



2

### Cook the Chicken Mixture

- Place a large non-stick pan over medium-high heat and add 1 tsp. **olive oil**. Add **chicken** to hot pan. Stir occasionally until browned and chicken reaches a minimum internal temperature of 165 degrees, 5-7 minutes.
- Add **white portions of green onions** and **pineapple**. Stir occasionally until green onion is softened, 1-2 minutes.
- Transfer chicken mixture to a mixing bowl and stir in **BBQ sauce** until chicken is coated.
- Wipe pan clean and reserve.



3

### Assemble the Quesadillas

- Place **tortillas** on a clean work surface. Place **cheese** evenly on half of each tortilla. Top with **chicken mixture**.
- Fold tortilla over chicken and cheese.



4

### Cook the Quesadillas

- Return pan used to cook chicken to medium heat and add 1 tsp. **olive oil** to hot pan. Working in batches, add two or three **quesadillas** (there should be no overlap). Cook until golden brown, 2-4 minutes per side.
- Transfer quesadillas to a plate. Repeat with remaining quesadillas, adding 1 tsp. olive oil for each batch.



5

### Make Cilantro Crema and Finish Dish

- In a mixing bowl, combine **sour cream** and **cilantro**.
- Plate dish as pictured on front of card, garnishing **quesadillas** with **green portions of green onions**, and serving cilantro crema on the side for dipping. Bon appétit!