



Chicken Quesadillas

Equipment list

Supply table:

1 Cutting mat

Kitchen:

1 plastic flipper

1 pizza cutter

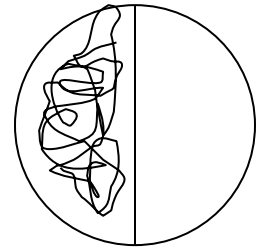
1 cutlery teaspoons

1 bowl

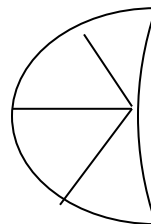
- 1 whole wheat tortillas
- 1 containers cheese
- 1 container cooked chicken
- 1 spoonful black beans
- 1 spoonful corn
- 1 large spoonful salsa
- 1 small spoonful sour cream

- 1. Preheat oven to 400°F **CON BAKE 4/0/0 START**
- 2. Get out equipment
- 3. Collect all ingredients from the supply table
- 4. Measure black beans, corn, salsa and sour cream in to containers
- 5. On a cookie sheet lined with silicone paper spread half your tortilla shell with the fillings of your choice.

- 6. Fold tortilla in half.



- 7. Put on two oven mitts. Open the oven door ALL THE WAY. Place the cookie sheet on to the middle rack. Set the oven timer for 7 minutes. **TIMER 7 START**. Bake until the tortilla is golden brown. Turn off timer.
- 8. Put on two oven mitts. Remove pan FROM THE OVEN AND PLACE ON STOVE TOP. Do not put hot pans on the counter. Using a plastic flipper, lift quesadilla onto a cutting mat. Cut into wedges using a pizza cutter .



- 9. Place wedges onto a hinged container and serve with salsa and sour cream.