



**GREEN
CHEF**

CHICKEN & BELL PEPPER QUESADILLAS

charred corn salsa with tomato, spicy crema

COOK TIME

35 MIN

SERVINGS

2

CALORIES PER SERVING

910

For tonight's menu, we've amped up the flavor on these quesadillas with our Southwest spice blend (think cumin, paprika, oregano, and garlic). Tender chicken and bell pepper are sandwiched between flour tortillas with a melty blend of cheeses. The warm quesadillas are drizzled with a spicy Cholula crema and served with a charred corn, tomato, and cotija salsa to ensure you'll crave bite after bite.

INGREDIENTS (12 ITEMS)

1 unit	Green bell pepper
1 whole	Scallion
1 whole	Roma tomato
2 oz	Monterey Jack cheese <small>M</small>
1 oz	Sharp cheddar cheese <small>M</small>
2 oz	Sour cream <small>M</small>
1 tsp	Cholula sauce
10 oz	Chicken strips*
2 tsp	Southwest seasoning
2¾ oz	Corn
¾ oz	Cotija cheese <small>M</small>
2 whole	Flour tortillas <small>W</small>

WHAT YOU'LL NEED

medium & large sauté pans
mixing bowls
measuring spoons
thermometer
cooking & olive oils
salt & pepper

ALLERGENS

M MILK
W WHEAT



If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.

GREEN CHEF IS PROUD to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

*Chicken is fully cooked when internal temperature reaches 165°.

Wash and dry fresh produce. Wash hands and surfaces after handling raw poultry. Consuming raw or undercooked poultry may increase your risk of foodborne illness. Go to [greenchef.com/faq](https://www.greenchef.com/faq) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1 PREP

- Medium dice **green bell pepper*** into pieces, about ½ inch each.
- Trim and thinly slice **scallion**, separating whites from greens.
- Medium dice **Roma tomato** into pieces, about ½ inch each.

**The ingredient you received may be a different color.*

COOKING FOR
4

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.

2 MAKE CHEESE BLEND & CREMA

- Place **Monterey Jack cheese** and **sharp cheddar cheese** in a medium bowl. Stir to combine.
- Place **sour cream** and **Cholula sauce*** in a small bowl. Stir to combine. Season with salt and pepper to taste.

**If heat sensitive, use Cholula sauce sparingly.*

3 START FILLING

- Heat about 1 tablespoon cooking oil in a large sauté pan over medium heat. Add **bell pepper** to hot pan. Cook 3–4 minutes, or until just tender, stirring occasionally.
- Add **scallion whites**. Cook 1–2 minutes more, or until lightly browned. Season with about ¼ teaspoon salt and a pinch of pepper.

4 FINISH FILLING

- Pat **chicken strips** dry with paper towels. Cut any larger strips in half lengthwise. Place in a second medium bowl. Season with **Southwest seasoning**, about ¼ teaspoon salt, and a pinch of pepper.
- Add **chicken** to pan with **bell pepper**. Cook 4–6 minutes, or until chicken is fully cooked, stirring occasionally.*
- Remove from heat. Transfer **filling** to a plate. (Carefully wipe out pan.)

**If the pan seems dry while cooking, add about 1 tablespoon cooking oil.*

5 MAKE CORN SALSA

- Pat **corn** dry with paper towels. Heat a dry, medium sauté pan over high heat. Add **corn** in an even layer to hot pan. Cook 5–6 minutes, or until lightly charred, stirring occasionally. Season with salt and pepper.
- Transfer **corn** to a third medium bowl. Add **tomato**, **cotija cheese**, and **scallion greens**. Drizzle with about 1 tablespoon cooking oil. Stir to combine. Season with salt and pepper to taste.

6 MAKE QUESADILLAS

- Place **flour tortillas** on a clean work surface. Sprinkle one half of each **tortilla** with half the **cheese blend**. Top with **chicken and veggie filling**, then sprinkle with remaining **cheese blend**. Fold **tortillas** in half.
- Heat about 1 tablespoon olive oil in pan used for filling over medium heat. Add one **quesadilla** to hot pan. Cook 3–5 minutes on each side, or until cheese melts and tortilla is evenly browned.*
- Transfer **quesadilla** to a cutting board.
- Add about 1 tablespoon olive oil to pan if necessary. Repeat process with remaining **quesadilla**.

**Keep an eye on the quesadillas while they cook to prevent burning.*

7 PLATE YOUR DISH

- Cut **quesadillas** into three wedges each.
- Divide **chicken and bell pepper quesadillas** between plates. Drizzle with **spicy crema** to taste. Serve **charred corn salsa with tomato** on the side. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (455g)

Amount per serving

Calories **910**

	% Daily Value*
Total Fat 56g	72%
Saturated Fat 19g	95%
Trans Fat 0g	
Cholesterol 170mg	57%
Sodium 1440mg	63%
Total Carbohydrate 46g	17%
Dietary Fiber 3g	11%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 52g	
Vitamin D 0mcg	0%
Calcium 465mg	35%
Iron 3mg	15%
Potassium 782mg	15%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

All ingredients in this recipe:

Chicken Strips [chicken], **Flour Tortillas** [wheat flour (unbleached wheat flour, niacin, iron thiamin mononitrate, riboflavin, enzyme, folic acid), water, vegetable shortening (palm oil), salt, mono- and diglycerides, calcium propionate, vital wheat gluten, rice flour, sugar, sodium bicarbonate, fumaric acid, sorbic acid, sodium aluminum sulfate, sodium aluminum phosphate, guar gum, cmc gum, enzymes (wheat starch, microcrystalline cellulose), sodium metabisulfite], **Sharp Cheddar Cheese** [part-skim milk, cheese cultures, salt, enzymes, annatto, anti caking agent (potato starch powdered cellulose, natamycin)], **Monterey Jack Cheese** [pasteurized milk, cheese cultures, salt, enzymes, anti-caking agent (potato starch, powdered cellulose, natamycin)], **Cholula Sauce** [water, peppers (arbol & piquin), salt, vinegar, garlic powder, spices, xanthan gum], **Sour Cream** [cultured cream], **Cotija Cheese** [pasteurized milk, salt, cheese cultures, enzymes, cellulose], **Corn** [corn], **Scallions**, **Roma Tomatoes**, **Bell Peppers**, **Southwest Seasoning** (Ground Cumin, Sweet Paprika, Smoked Paprika, Dried Oregano, Ground Coriander, Granulated Garlic)

Allergen information:

Contains Milk And Wheat

Allergens may be reflected in pantry items listed in the “What You’ll Need” section of the recipe card.

Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.