

## PINEAPPLE QUESADILLAS

**MAKES:** 4 servings (1/2 quesadilla each)

### INGREDIENTS

- 1 Tablespoon olive oil, divided
- 1 small red onion, sliced into thin strips
- 3/4 cup canned pineapple, drained and diced\*
- 1/4 lb chicken breasts, cut into cubes
- 2/3 cup cheddar cheese, shredded\*\*
- 1/4 cup BBQ sauce
- 4 whole wheat tortillas (8" tortillas)
- Optional: Red chili flakes or diced jalapenos

\*Use fresh pineapple instead of canned.

\*\*Try Swiss, pepper jack, or mozzarella cheese.

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## **DIRECTIONS**

To prep ingredients, slice onion into thin strips. Then drain and dice canned pineapple into small pieces. Heat 1/2 Tablespoon of oil over medium heat in a skillet. Sauté pineapple and onion for about 5 minutes until golden. Drain off extra liquid and transfer to a bowl. In the same skillet, heat 1/2 Tablespoon of oil and cook the chicken until golden and cooked through, about 10 minutes. Add to the bowl and let cool for a few minutes. Then stir in the shredded cheese and BBQ sauce. If desired, mix in minced jalapeno or red chili flakes.

Heat the skillet over medium heat. Place one tortilla in the pan and sprinkle 1/2 cup of the quesadilla mix on one half of the tortilla. Fold the tortilla in half and cook for about 4 minutes on each side until it is golden and crispy. Transfer to a plate and slice into three wedges. Repeat with remaining ingredients. Serve hot with optional sides, such as salsa or guacamole.

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