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Chicken Quesadillas

Recipe by: Heather

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Easy

🕒 Ready in **55 mins**

Picture by: Allrecipes

This is a great recipe for parties. I freeze the leftovers; they reheat quite well. The zesty chicken and cooked peppers are a succulent delight when mixed with the melted cheeses. Cut the quesadillas into wedges and serve with soured cream and salsa.

Ingredients

Serves: **20**

450g skinless, boneless chicken breast, diced
1 sachet fajita seasoning
1 tablespoon vegetable oil
2 green peppers, chopped
2 red peppers, chopped
1 onion, chopped
10 flour tortillas
500g grated Cheddar cheese, divided
1 tablespoon diced, cooked bacon

Preparation method

Prep: **30 mins** | Cook: **25 mins**

1. Preheat the grill. Grease a baking tray.
2. Toss the chicken with the fajita seasoning, then spread onto the baking tray. Place under the grill and cook until the chicken pieces are no longer pink in the centre, about 5 minutes.
3. Preheat oven to 180 C / Gas 4.
4. Heat the oil in a large saucepan over medium heat. Stir in the green peppers, red peppers, onion and chicken. Cook and stir until the vegetables have softened, about 10 minutes.
- 5.

Layer half of each tortilla with the chicken and vegetable mixture, then sprinkle with the Cheddar cheese and diced bacon. Fold the tortillas in half and Place onto a baking tray.

- 6.** Bake quesadillas in the preheated oven until the cheeses have melted, about 10 minutes.

Provided by:Allrecipes

Last updated: 31 Jul 2013

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Easy Enchiladas (Beef or Chicken)

By IBShirley on May 31, 2002



Prep Time: 25 mins **Total Time:** 45 mins **Serves:** 4-6, **Yield:** 12.0 enchiladas

About This Recipe

"These easy enchiladas are my husband's favorite recipe of mine. Because of the many different options, it is very versatile."



Photo by ms_bold

Ingredients

- 1 lb ground beef or 1 lb boneless skinless chicken breast
- 1/4 cup chopped onion
- 1 teaspoon garlic powder (I prefer fresh minced)
- 1 tablespoon Worcestershire sauce
- 1 (8 ounce) cans tomato sauce
- 1 teaspoon paprika
- 1 teaspoon oregano
- 2 teaspoons chili powder (more or less for your taste)
- 1/2 teaspoon cumin
- 1/2 teaspoon black pepper
- 3 cups shredded cheese (I like the jack or cheddar combos)
- 1 (10 ounce) cans enchilada sauce (I prefer the green sauce)
- olive (optional)
- 12 corn tortillas
- oil

Directions

1. If using chicken, boil chicken in water.
2. Then rinse and shred with fork.
3. Add onion and garlic.
4. If using ground beef, brown with onion and garlic, drain.
5. Add next 7 ingredients (worcestershire sauce through black pepper).
6. In another skillet, heat oil.
7. Add tortillas, one at a time, for 10 seconds on each side.
8. Drain on paper towel.

Easy Enchiladas (Beef or Chicken) (cont.)

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Directions

9. In 10x13 baking pan, pour just enough enchilada sauce in the bottom to coat the bottom of
10. Fill each tortilla with a spoonful of meat mixture.
11. Cheese, onions, and/or olives can be put inside each enchilada at this time, if desired.
12. Roll tortilla and place seam side down in pan.
13. Continue with remaining tortillas.
14. Pour remaining enchilada sauce over tortillas and top with cheese (additional olives may be if desired).
15. At this time, pan may be refrigerated for several hours or overnight.
16. Bake in 350 degree oven for 20 minutes (30 minutes if refrigerated).
17. Top with sour cream.
18. Enjoy!

Nutrition Facts		Amount Per Serving	% Daily Value
Serving Size: 1 (281 g)		Total Fat 40.2g	61%
Servings Per Recipe: 4		Saturated Fat 20.0g	100%
Amount Per Serving	% Daily Value	Cholesterol 131.3mg	43%
Calories 740.5		Sugars 8.8 g	79%
Calories from Fat 362	48%	Sodium 1905.4mg	17%
		Total Carbohydrate 51.8g	30%
		Dietary Fiber 7.6g	35%
		Sugars 8.8 g	88%
		Protein 44.3g	

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Fajita Seasoning Mix

By Kathy at Food.com on May 09, 2002



Prep Time: 5 mins **Total Time:** 5 mins **Yield:** 10 teaspoons

About This Recipe

"Rather than buying fajita seasoning, it's easy to make your own. Approximately 2 tablespoons equals 1 store-bought seasoning packet."



Photo by Andi of Longme Farm

Ingredients

- 1 tablespoon cornstarch
- 2 teaspoons chili powder
- 1 teaspoon salt
- 1 teaspoon paprika
- 1 teaspoon sugar
- 3/4 teaspoon crushed chicken bouillon cube
- 1/2 teaspoon onion powder
- 1/4 teaspoon garlic powder
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon cumin

Directions

1. Combine all ingredients in a small bowl.
2. Use as needed in recipes calling for fajita seasoning.

Nutrition Facts		Amount Per Serving	% Daily Value
Serving Size: 1 (30 g)		Total Fat 0.1g	0%
Servings Per Recipe: 1		Saturated Fat 0.0g	0%
Amount Per Serving	% Daily Value	Cholesterol 0.0mg	0%
Calories 8.2		Sugars 0.5 g	11%
Calories from Fat 1	16%	Sodium 277.6mg	0%
		Total Carbohydrate 1.7g	1%
		Dietary Fiber 0.3g	2%
		Sugars 0.5 g	0%
		Protein 0.1g	

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Flour Tortilla Recipe

By spicysgrits on January 08, 2007



Prep Time: 15 mins **Total Time:** 20 mins **Servings:** 6-10

About This Recipe

"Recipe for making flour tortillas from Thibeault's Table. Credit to Ann from the gardenweb internet addy as the majority of this recipe comes from her post: <http://this.gardenweb.com/forums/load/recipe/msg0611460316237.html?7> I like this easy recipe for tortillas that uses staples usually on hand. I am battling cancer and cannot eat yeast or sugar, so tortillas are a great alternative to bread!"



Photo by suziethetfoo

Ingredients

- 2 cups flour (you can get creative with your flour choices like whole wheat, spelt, soy, or a m flours)
- 1/2 teaspoon salt
- 1/4 cup vegetable shortening or 1/4 cup vegetable oil
- 1 teaspoon baking powder
- 1/2 cup warm water (may possibly need to add more, up to 3/4 cup) or 1/2 cup milk (may po need to add more, up to 3/4 cup)

Directions

1. Sift the flour, salt & baking powder into a large mixing bowl.
2. Into the dry ingredients cut in the shortening, or add oil if you are using this option, & mix w/ fingertips to combine.
3. Add the milk or water, working the liquid into the dough until a sticky ball forms.
4. Wrap in plastic and let rest for at least 30 minutes.
5. Divide the dough into 8-10 balls (for small tortillas) or 6-8 balls for larger ones, cover them w/ with the damp cloth.
6. Lightly dust a counter or pastry board w/flour & roll out each ball of dough into a circle or ov approximately 1/4" thick. If you want nicely rounded tortillas, trim off any ragged edges & di Don't roll the dough out more than once or the tortillas will be tough.
7. Heat a dry griddle or heavy skillet over high heat for 5 minutes. Cook the tortillas 30 second each side or until the dough looks dry & slightly wrinkled & a few brown spots form on both surfaces. Do not over cook or they will be hard. Butter and roll up and wrap in damp tea tow keep warm as you cook the other tortillas.
8. (I place cooked ones wrapped in the damp towel in a low 200 oven to keep warm, while I ar cooking the rest.) Serve warm.~~.

Flour Tortilla Recipe (cont.)

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Nutrition Facts		Amount Per Serving	% Daily Value
Serving Size: 1 (42 g)		Total Fat 8.9g	13%
Servings Per Recipe: 6		Saturated Fat 2.5g	12%
Amount Per Serving	% Daily Value	Cholesterol 0.0mg	0%
Calories 227.5		Sugars 0.1 g	10%
Calories from Fat 80	35%	Sodium 255.7mg	10%
		Total Carbohydrate 31.9g	4%
		Dietary Fiber 1.1g	0%
		Sugars 0.1 g	8%
		Protein 4.3g	

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Gluten-Free Flour Tortillas

By Az G on December 08, 2008



Prep Time: 20 mins **Total Time:** 30 mins **Serves:** 6-8, **Yield:** 6.0 tortillas

About This Recipe

"Holy smokes, I just ate a wrap! Boy was that nice. I found this recipe on the Living Without website. What I like most about it is that I will be able to take sandwiches to work again, since these are good warm or cold."



Photo by Chef #7265

Ingredients

- 1 cup rice flour
- 1/3 cup potato starch
- 1/3 cup tapioca flour
- 1/3 cup fava bean flour
- 2 teaspoons xanthan gum
- 1 teaspoon baking powder
- 1/2 teaspoon sugar
- 1 1/4 teaspoons salt
- 2 tablespoons vegetable shortening or 2 tablespoons other shortening
- 3/4-1 cup warm water

Directions

1. Combine all of the dry ingredients, then cut in or work in the shortening using a pastry blender, two knives or your hand.
2. Add the warm water, starting with 3/4 cup and mix well.
3. Continue to add water until a soft, cohesive dough is formed.
4. Heat a comal, tapa or griddle to medium heat. Then, form a ball of dough into a flattened disk, cupping the outside edges a bit to form a round.
5. Dust a work surface with corn starch and, using a bolillo or rolling pin, roll into a round disk 1/8 inch thick and about 8 inches in diameter or to your preference.
6. Bake one at a time on a hot griddle until the surface bubbles. Turn only once, the first side should have brown flecks.
7. Bake until the second side has slightly browned - should brown in a very short time.
8. Keep warm in a tortilla keeper or wrapped in a cloth until served.
9. Note: Will freeze in a sealed plastic bag for up to three months.

Gluten-Free Flour Tortillas (cont.)

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Nutrition Facts		Amount Per Serving	% Daily Value
Serving Size: 1 (53 g)		Total Fat 4.6g	7%
Servings Per Recipe: 6		Saturated Fat 1.3g	6%
Amount Per Serving	% Daily Value	Cholesterol 0.0mg	0%
Calories 167.5		Sugars 0.6 g	22%
Calories from Fat 42	25%	Sodium 550.7mg	9%
		Total Carbohydrate 29.0g	4%
		Dietary Fiber 1.1g	2%
		Sugars 0.6 g	4%
		Protein 2.1g	

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Yield: 4-5 tortillas

Serving Size: 1/5 recipe

Calories per serving: 125

Fat per serving: ~2.5g

These thin, doughy tortillas with just the right amount of chew are like flour tortillas, but vegan, gluten-free and packed with protein and fiber! The power ingredient is chickpea flour, which can be ground from dried chickpeas.

Ingredients

2 tablespoons ground flaxseed (flax meal)

2 tablespoons warm water

1 cup chickpea (garbanzo bean) flour

2/3 cup water + additional if necessary

pinch of salt

pinch of cumin

Instructions

Whisk together the flax meal and 2 tablespoons water in a large bowl; let sit for five minutes to thicken slightly.

Add the chickpea flour, water, salt and cumin and whisk until there are no lumps. The mixture should be about the consistency of pancake batter. If you want thicker tortillas, use only 2/3 cup water. I liked the texture at around 1 cup of water; just add water a tablespoon or two at a time until you reach a consistency you like.

Preheat a lightly greased 9-inch frying pan over medium heat. Pour about 1/2 cup of batter into the pan and swirl to coat the bottom. Let cook for 2-3 minutes or until you see the edges start to dry out. You will easily be able to slide your spatula underneath the tortilla when the bottom is fully cooked and ready to be flipped. Flip and cook for an additional 30-60 seconds, then remove from pan and repeat with another 1/2 cup of batter.

I didn't need to re-grease the pan between tortillas, but if your tortillas start sticking to the pan, add a little oil to the pan and swirl it around before adding the batter. I laid the cooked tortillas flat on a plate, slightly overlapping each other. I folded a few of the last ones in two since I was running out of space, but the thicker tortillas started to break along the fold. I would recommend storing the cooked, cooled tortillas on a plate covered with plastic wrap in the fridge.

To kale burrito your tortillas: Add 3 cups of kale to the pan over medium-high heat once you're finished cooking the tortillas. Cover and steam for 1-2 minutes. Add four egg whites--whisked until foamy--chopped tomatoes, grated parmesan, salt and pepper. Scramble everything until cooked through. Top with avocado, roll up and eat!

Taco Seasoning Mix

By opal Fitzgerald on August 15, 1999



Prep Time: 5 mins **Total Time:** 5 mins **Yield:** 1 package

About This Recipe

Ingredients

- 2 teaspoons instant onion, Minced
- 1 teaspoon chili powder
- 1/2 teaspoon dried red pepper, Crushed
- 1/4 teaspoon dried oregano
- 1 teaspoon salt
- 1/2 teaspoon cornstarch
- 1/2 teaspoon instant garlic, Minced
- 1/2 teaspoon cumin, Ground

Directions

1. Combine all ingredients in a small bowl and blend well.
2. Spoon mixture onto a 6-inch square of aluminum foil and fold to make airtight. Label as Taco Seasoning Mix.
3. Store in a cool, dry place and use within 6 months.
4. Makes 1 package (about 2 T) of mix.
5. Using the above recipe as a guide you can increase the amounts to make any number of packages.
6. Taco Filling: Brown 1 lb lean ground beef in a medium skillet over medium-high heat; drain excess grease. Add 1/2 cup water and the seasoning mix.
7. Reduce heat and simmer 10 minutes, stirring occasionally.
8. Makes filling for 8 to 10 tacos.
9. Hope this is what you are looking for.

Food.com



Photo by Chipple

Taco Seasoning Mix (cont.)

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Nutrition Facts		Amount Per Serving	% Daily Value
Serving Size: 1 (14 g)		Total Fat 0.6g	1%
Servings Per Recipe: 1		Saturated Fat 0.0g	0%
Amount Per Serving	% Daily Value	Cholesterol 0.0mg	0%
Calories 29.0		Sugars 1.4 g	98%
Calories from Fat 5	20%	Sodium 2372.5mg	1%
		Total Carbohydrate 5.9g	5%
		Dietary Fiber 1.4g	5%
		Sugars 1.4 g	1%
		Protein 0.8g	

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