

Mango Curry Chicken Quesadillas



PREP TIME : 10 MIN

COOK TIME : 25 MIN

SERVES : 5

Ingredients :

- ***PAM® Original Cooking Spray***
- ***3 cups (750 mL) thinly sliced green peppers***
- ***3 cups (750 mL) thinly sliced onions***
- ***3 cups (750 mL) sliced cooked chicken***
- ***1/2 tsp (2 mL) ground cumin***
- ***1/2 tsp (2 mL) chopped fresh cilantro***
- ***1/2 cup (125 mL) VH® Mango Chicken plus more for spreading***
- ***2 1/2 cups (600 mL) shredded mozzarella cheese***
- ***5 each large flour tortillas***

Directions :

- 1. In a large bowl, mix the chicken with the cumin, fresh cilantro, and VH® Mango Chicken Sauce. Set aside.***
- 2. Spray a large skillet with PAM® Original Cooking Spray and heat over medium heat. Add the onions and sauté until soft and light golden brown, about 7 minutes. Remove the onions and keep warm.***



Mango Curry Chicken Quesadillas

3. *Add the green peppers to the pan and cook until soft, about 5 minutes. Remove the peppers from the pan and keep warm.*

4. *Put the chicken and sauce in the pan and cook; stirring until done, about 10 minutes.*

5. *Spread approximately 1 tsp of VH® Mango Chicken Sauce on a tortilla. Warm one tortilla in a non-stick skillet and sprinkle 1/2 cup of shredded cheese, 1/4 cup green pepper, 1/4 cup onion over the entire tortilla. Scatter 1/2 cup of chicken over one half of the tortilla. Once the cheese is melted, fold one half of the quesadilla over the chicken. Cut each quesadilla into 4 wedges. Repeat with the rest of the 5 tortillas.*

Tips:

Beans, rice, and sour cream are all great accompaniments!

Great as an appetizer, snack or served with a side salad for a main dish

A crowd pleasing favourite, with an Indian twist!