

Jr Chef Recipe-2019

Grilled Chicken Quesadilla with Avocado Cucumber Salsa and Chipotle Lime Ranch Dipping Sauce

Chipotle Lime Grilled Chicken

- 4 chicken breast-Commodity
- ½ teaspoon of salt
- ¼ teaspoon of black pepper
- ½ teaspoon of ground cumin
- ½ teaspoon of chipotle powder
- ½ teaspoon of smoked paprika
- ¼ cup of oil
- 2 tablespoons of lime juice
- ¼ cup of honey

1. Whisk together all ingredients except chicken in a small bowl. Pour over chicken and allow to marinate 10-20 minutes in the refrigerator.
2. Preheat grill pan.
3. Grill each chicken breast until the internal temperature reaches 155 degrees.
4. Remove chicken and allow to rest and juices redistribute.
5. Slice into thin strips.

Salsa

- 1 avocado, peeled, pitted and diced small
- 2 Kirby cucumbers, peeled and diced small
- 2 roma tomatoes, seeded and diced small
- 2 tablespoons finely chopped red onion
- 1 ½ tablespoons chopped fresh cilantro
- 1 ½ teaspoons finely grated lime zest
- 1 tablespoon freshly squeezed lime juice
- 1 teaspoon of white wine vinegar
- ½ jalapeño, seeded, if desired, and finely chopped
- ¼ teaspoon kosher salt
- ¼ teaspoon black pepper

1. In a bowl, mix together the avocado, cucumbers, tomatoes, red onion, cilantro, lime zest, lime juice, jalapeño, salt and pepper.

Chicken Quesadilla

- 1 1/2 pounds cooked chicken, sliced into strips (about 1 1/2 cups)
 - ½ pound Monterey Jack cheese, grated-commodity
 - 8 6-inch whole wheat tortillas
 - 2 teaspoons of olive oil
1. Sandwich some of the chicken and cheese between two tortillas; repeat with remaining chicken, cheese and tortillas. Brush the top and bottom of each quesadilla lightly with oil.
 2. Heat a large, nonstick skillet over high heat until very hot. Cook the quesadillas, in batches, if necessary, until the cheese melts and the tortillas are crisp and golden, 1 1/2 to 2 minutes per side.
 3. Cut into wedges and shingle around rice.
 4. Top quesadilla with some of the salsa.

Chipotle Ranch

- ¼ cup reduced fat sour cream-Commodity
- ¼ cup mayo
- ¼ greek low fat yogurt
- 2 tablespoons (lightly packed) cilantro
- 2 tablespoons (lightly packed) parsley
- 1 teaspoon adobo sauce (or to taste)
- Juice from 1/2 lime
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon smoked paprika
- ¼ teaspoon of black pepper
- 3 tablespoons of powder ranch
- 3/4 cup of fat free buttermilk

Instructions

1. Add all ingredients to the bowl of a food processor except buttermilk. Process on high for about 30 seconds. Stream in buttermilk.
2. Chill for an hour (or longer) prior to serving. Will keep in the fridge for a few days.

3. Drizzle ranch over each plate.

Mexican Rice and Beans

- 2 tablespoons of olive oil
- ½ of yellow onion, diced
- ½ of a red pepper, diced
- 2 garlic cloves, minced
- 2 cups of Instant brown rice
- 2 cups of low-sodium vegetable broth
- 1 10 oz can of diced tomatoes and green chilies
- 1 15 oz. can of low sodium black beans, drained and rinsed
- 1 cup of fresh corn kernels
- 1 teaspoon of ground cumin
- ½ teaspoon of salt
- ¼ teaspoons of black pepper
- 1 tablespoon of lime juice
- 2 tablespoons of chopped cilantro
- 2 tablespoons of chopped parsley

Directions

1. Place oil in a nonstick skillet over medium-high heat.
2. Add onions and red pepper and saute for 3 minutes.
3. Stir in garlic and continue to cook for 1 minute, careful not to burn the garlic.
4. Add in vegetable stock, tomatoes with chilies, black beans, corn, cumin, salt, pepper, and lime juice. Bring to a boil.
5. Stir in rice, turn off heat and cover.
6. Let sit for 15 minutes.
7. Add in parsley and cilantro and fluff with a fork.
8. Place in round molds on each plate.

Referenced the following websites

<https://cooking.nytimes.com/recipes/1013192-chicken-quesadillas-with-avocado-cucumber-salsa>

[Diethood.com](https://www.diethood.com)