

Recipe R-5

Microwave Cooking Techniques

Chicken Quesadillas

Customary	Ingredients	Metric
1 large	— Boneless, skinless chicken breast, cooked and shredded	1 large
2	— 12-in. flour tortillas	2
1	— Tomato, diced	1
Dash	— Ground cumin	Dash
1 tsp.	— Chili powder	5 mL
1/2 cup	— Shredded low-fat Monterey jack or cheddar cheese	125 mL

Yield: Two servings**Equipment:** Microwave-safe tray or large plate**Power level:** 100%

Directions

Pan: Microwave-safe dish

- 1. Place the tortillas on a microwave-safe tray or large plate. Distribute half the shredded chicken on each tortilla.
- 2. In a small bowl, combine the diced tomato, cumin, and chili powder. Gently toss to mix.
- 3. Spread half the seasoned tomato on each tortilla. Top each with half the cheese.
- 4. Microwave at 100% power for 30 seconds to 1 minute. Let stand 1 minute.
- 5. Fold each quesadilla in half. Serve hot.

Tips for Success

- ◆ Be careful not to overcook the chicken, or it will dry out.
- ◆ Be careful when removing the pizzas from the microwave oven. They will be very hot to the touch. Be sure to use oven mitts.

Thinking About ... Chicken Quesadillas (R-5)

Planning the Lab

1. List the equipment you would need to prepare this recipe:

2. On a separate sheet of paper, make a work plan for preparing this recipe in the foods lab.

Questions

1. What kitchen tool would you use to dice the tomato? To shred the cheese if it came in a block?

2. What substitutions could you make for the chicken? What adjustments, if any, would you need to make to the power setting or cooking time?

Evaluation

Complete the following after preparing the recipe:

1. How did the food look and taste?

2. How could you change or improve the recipe?

3. List any difficulties you had in preparing the recipe.

4. How would you solve the problem(s) next time?

Nutrition Facts

(based on use of boneless, skinless, roasted chicken breast)

Serving size 1 quesadilla
Servings per recipe 4

Amount Per Serving

Calories 337 Calories from fat 90

		% Daily Value*
Total Fat	10 g	15%
Saturated Fat	4 g	18%
Cholesterol	87 mg	29%
Sodium	150 mg	0.6%
Total Carbohydrate	22 g	7%
Dietary Fiber	2 g	7%
Sugars	2 g	8%
Protein	39 g	

Vitamin A 8% • Vitamin C 20%
Calcium 6% • Iron 14%

* Percent Daily Values are based on a 2,000-calorie eating plan.