



BBQ Chicken Quesadilla

Ingredients:

flour tortillas

1 lb chicken breast, cubed

2 cups chicken stock

2 tsp each; salt, paprika and garlic powder

... or 2 1/2 cups leftover cooked chicken

1 tsp each; black pepper and chile powder

2 cups [bbq sauce](#) (try this easy homemade version that is loaded with hidden vegetables)

8-12 oz shredded or cubed velveeta (that's usually one package of shredded cheese - or half of a block of velveeta)

Directions:

If you're not using **leftover chicken**, the first step in this recipe is to cook your chicken. In a large pot over medium-high bring chicken stock, spices and chicken to a boil. Cook, until chicken reaches an internal temperature of 165 degrees. Allow to cool, and shred chicken in cooking liquid.

Shred chicken breast and toss in a large bowl, with BBQ sauce and shredded or cubed velveeta. Using a wooden spoon, or a silicone spatula, combine all ingredients until well mixed up.

Place a flour tortilla on a flat surface, and add 1/4 - 1/2 cup of chicken and cheese mixture to half of the tortilla. Use the silicone spatula, and spread across the tortilla. Fold over, and repeat with remaining tortillas and chicken mixture. Keep in mind, the more chicken you add to the tortilla, the longer they will take to cook, and the less quesadillas you'll get overall.

Place a small non-stick skillet over medium-high heat, and spray with non-stick cooking spray - like Pam. Cook for 3 minutes on the first side. The first quesadilla will take the longest to cook, so keep that in mind while making the remaining quesadillas.

On a second note, if you need to cook a lot of these for a large crowd, or if you're cooking them as a freezer meal, assemble quesadillas, and place on a single layer on a baking sheet lined with foil and parchment and bake for 15 minutes at 425 degrees.

Allow **BBQ Chicken Quesadilla** to cool for 2 minutes. Use a pizza cutter and cut in half, or in 4's. Serve with extra [BBQ sauce](#) for dipping.

How To Make Easy 20-Minute BBQ Chicken Quesadillas A Freezer / Make Ahead Meal:

Once you cook all of your quesadillas (I recommend the baking method listed above), place on a single layer on a baking sheet lined with foil or parchment paper, and freeze for 8 hours. Once frozen, divide cooked and frozen quesadillas with parchment paper and transfer to a labeled ziplock bag.

To reheat: Place frozen quesadilla in toaster oven at 375 degrees for 10 minutes, or in the microwave on high power for 1 minute and 30 seconds. Allow to cool a minute or so before slicing. Serve with extra [BBQ sauce](#).