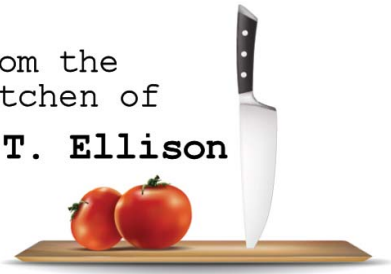


From the
kitchen of

J.T. Ellison



Ingredients

- ✓ 2 boneless, skinless chicken breasts
- ✓ Salt and pepper, to taste
- ✓ 1 onion, ½ cut into chunks, ½ diced
- ✓ 2 fresh jalapeños, diced
- ✓ Taco seasoning, to taste
- ✓ Shredded cheese, as desired
- ✓ Tortillas (I use corn for the gluten-free peeps)
- ✓ Salsa, sour cream, and guacamole, to taste

Super-Quick Chicken Quesadillas

(makes 2–4 servings)

When I'm in the fog of book writing, this is an easy way to get dinner on the table fast. We writers (and writer-husbands) can only consume so many gluten-free frozen pizzas, you know.

Directions

- Fill a medium saucepan ¾ full with water.
- Heat the water to a boil.
- Place the chicken breasts, onion chunks, salt, and pepper in the water. Boil until cooked through (I do about 25 to 30 minutes).
- Remove the chicken from the water, and put it in a medium-sized bowl.
- Shred the chicken with a fork and add the sliced jalapeños, diced onion, and some taco seasoning. Toss so that everything is equally distributed.
- Put the meat mix and some shredded cheese on a tortilla, top with another tortilla, and cook in a quesadilla maker until heated through and the cheese is melted.
- Top with salsa, more cheese, sour cream, and/or guacamole. Boosh! Dinner is served.

Cook's Note

If you don't have a quesadilla maker, you can heat the quesadillas in the oven on 350 degrees F for 10–15 minutes, or whenever the cheese is melted.

As seen in J.T. Ellison's newsletter. For more recipes, visit JTEllison.com.

Want a wine to go with your recipe? Check out J.T.'s wine blog, *The Wine Vixen*, at TheWineVixen.com.

