

# Triple Layer BBQ Chicken Quesadilla Wedges

Phillis Carey, cooking instructor, 5/2018



## PICO DE GALLO:

6 medium plum tomatoes, seeded, diced  
1/2 serrano chile, seeded, minced  
3 cloves garlic, minced  
2 tablespoons fresh lime juice  
1 tablespoon vegetable oil  
3 tablespoons fresh cilantro, chopped  
salt and pepper to taste

## SALAD & DRESSING:

1 1/2 cups buttermilk  
1/2 cup sour cream  
1/4 cup mayonnaise  
1/4 cup fresh lime juice  
3 cloves garlic, minced  
1/4 cup red onion, minced  
2 tablespoons fresh cilantro, chopped  
2 teaspoons chipotle chile canned in adobo, finely chopped  
6 cups Romaine lettuce, shredded

## QUESADILLAS:

2 boneless skinless chicken breast halves  
1 cup barbecue sauce, smoky type, DIVIDED USE  
salt and pepper to taste  
2 tablespoons vegetable oil  
9 6-inch flour tortillas  
2 cups jack cheese, shredded  
2 cups cheddar cheese, shredded  
1/2 cup goat cheese, crumbled  
1 red onion, thinly sliced  
6 ounces sliced black olives, drained  
1/4 cup vegetable oil  
1 tablespoon chili powder  
1/4 cup fresh cilantro, chopped

*Per Serving (excluding unknown items): 777 Calories; 52g Fat (59.6% calories from fat); 32g Protein; 49g Carbohydrate; 6g Dietary Fiber; 86mg Cholesterol; 1267mg Sodium. Exchanges: 2 Grain(Starch); 3 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 1/2 Non-Fat Milk; 8 Fat; 1/2 Other Carbohydrates.*

**Carolyn T's Blog: [tastingspoons.com](http://tastingspoons.com)**

## Servings: 6

1. PICO DE GALLO: Combine all ingredients and season with salt and pepper. Let stand at room temp for up to 3 hours (or refrigerate for a few hours more - best eaten the day it's made).
2. DRESSING: Puree ingredients in blender (except lettuce), then season with salt and pepper. Cover and refrigerate for up to 48 hours.
3. QUESADILLAS: Trim chicken and pound to an even thickness of 1/4". Pour 3/4 cup of barbecue sauce over chicken, turning to coat. Let marinate for 2 hours in the refrigerator, or 30 minutes at room temp. Wipe barbecue sauce off chicken (it burns) and brush chicken with oil. Grill (stovetop grill or outdoor) 3-4 minutes per side over medium heat. Let cool and cut chicken into thin strips, toss with remaining 1/4 cup barbecue sauce.
4. Preheat oven to 425°F. Add red onions to a small bowl with water and a small splash of white or apple cider vinegar. Let those sit for about 15-20 minutes, drain, blot on paper towel.
5. Arrange 3 tortillas on 1 or 2 parchment-lined baking sheets. Combine the 3 grated/crumbled cheeses. Using half the cheese blend, half the onion, half the olives and half the chicken placing some chicken around the outside edges to help prop up those edge so they don't collapse when baked. Top with another tortilla and repeat process. Top with remaining tortillas. Brush tops of all 3 stacks with oil, using a silicone brush, then sprinkle the tops with chili powder. At this point these may be refrigerated (covered well with plastic wrap) for several hours. If refrigerated, the baking process may take a few extra minutes.
6. Bake the quesadillas for 10-15 minutes, until tops are lightly browned and crispy.
7. Cut each quesadilla in 6 quarters. Meanwhile, toss lettuce with some of the dressing and add to the serving plate. Serve 3 wedges per person and add pico de gallo on top, a drizzle more dressing and sprinkle with fresh cilantro.