

SPINACH & CHICKEN QUESADILLAS

INGREDIENTS:

chicken -

- 2 large or 4 small chicken breasts
- juice from 2 lemons
- 2 cloves of garlic, pressed
- 1 glug olive oil
- salt
- pepper

spinach dip -

- 1 T extra virgin olive oil
- heaping 3 cups baby spinach, coarsely chopped
- 2 large cloves fresh garlic, minced
- 3 oz. goat cheese
- scant 1/4 cup plain Greek yogurt
- 4 T fresh shredded parmesan cheese
- pinch of cayenne pepper
- a hefty pinch of kosher salt
- a generous sprinkle of ground pepper

extras -

- 4 (8") tortillas
- 2 avocados, halved and sliced
- munster, provolone or mozzarella
- hot sauce, to serve
- chives, to serve

DIRECTIONS:

1. Prepare chicken. Transfer chicken to a large zip-top bag. Add the lemon, garlic, olive oil, salt and pepper and marinate for 30 minutes. Meanwhile heat a grill pan. Grill chicken, transfer to a clean surface to rest for 5 minutes. Slice into strips.
2. Make spinach dip. Heat olive oil in a skillet over medium heat with garlic. Cook and stir spinach until wilted, about 3 minutes.
3. Sir together the goat cheese, Greek yogurt, cooked spinach mixture, parmesan cheese, cayenne, salt, and pepper. Mix until combined. Set aside.
4. Assemble quesadillas. Divide spinach dip, chicken, avocado, and additional cheese between all the tortillas. Heat a large skillet, and spray with cooking spray. Cook quesadillas until the outside is crispy and the inside is **melty**. Serve with additional Greek yogurt, hot sauce, and green chives if you want!