



## Slow Cooker Chicken Quesadillas

Toasted tortilla wraps that can be filled with any ingredients to suit taste and availability. These chicken quesadillas are an ideal option for a filling lunch or light evening meal. For the garden salad, simply combine salad ingredients to suit your filling choice, or check out our green garden salad recipe [here](#).

*If you don't own a slow cooker, there a simple change you can make to ensure this dish comes out just as well from the oven:*

- *Change step 3 to pre-heating your oven to 163 degrees Celsius and cook your covered dish in the oven for approximately 1 hour, or until the chicken is cooked through*

serves 4

### Ingredients

- 4 skinless & boneless chicken breasts
- ½ tsp crushed dried chillies
- 2 garlic cloves, crushed
- 2 tbsp finely chopped fresh parsley
- 2 tbsp olive oil
- 350g cherry tomatoes
- 4 whole wheat tortillas
- 250g mozzarella cheese
- freshly ground black pepper
- large garden salad

### Method

1. Combine the chicken, chillies, garlic, parsley, 1 tbsp olive oil in a bowl. Stir to coat evenly. Leave to marinate in the fridge for a minimum 1 hour, or overnight.
2. Put the tomatoes in a slow cooker and arrange the chicken breasts on top, season with freshly ground black pepper. Cover and cook on HIGH for 2 hours.
3. Remove the chicken from the slow cooker, and shred the meat using 2 forks. Place the chicken on one side of each tortilla, top with the tomatoes, and finally add the mozzarella to the tomatoes.
4. Moisten the edges of each of the tortillas and fold over to enclose the filling.
5. Brush a large pan with the remaining olive oil and add to a medium heat. Add the quesadillas to the pan and cook until golden, turning once.
6. Cut into wedges and serve immediately and top with the remaining juices from the pan and a large green garden salad.



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