

CAMPFIRE CHICKEN QUESADILLA WITH STEAMED BROCCOLI

Preparation: 20 minutes | Cooking: 10 minutes | Servings: 4

INGREDIENTS

4 (8-inch) whole flour wheat tortillas
1 ripe avocado
1 head broccoli, cut and separated
1 cup chopped, cooked chicken breast
1 cup black beans, rinsed
1 cup shredded Mexican cheese
1/4 cup chopped cilantro
2 tablespoons lime juice
2 teaspoons chili powder
1/2 teaspoon garlic powder
1/2 teaspoon salt
1/4 teaspoon pepper
Cooking spray



INSTRUCTIONS

Combine the chicken, black beans, chili powder and cilantro in a medium bowl. Tear off four 12-inch pieces of foil. Place a tortilla on a piece of foil and evenly spread 1/2 cup of chicken mixture and 1/4 cup of cheese over half of the tortilla. Fold the tortilla in half and wrap it in the foil. (Foil is not necessary for immediate at-home cooking.) Repeat this process with the remaining foil, tortillas, chicken mixture and cheese. Mash the avocado, and mix it with the lime juice, garlic powder and salt in a small bowl until chunky-smooth. Transfer this mixture to small container with a tight-fitting lid. Before closing the lid, press a small piece of plastic wrap on the surface of the guacamole to prevent it from browning. Place a steamer insert into a saucepan and fill it with water to just below the bottom of the steamer. Bring the water to a boil. Add broccoli, cover, and steam for 3 to 5 minutes until tender. Add the salt and the pepper to taste.

QUESADILLA COOKING METHODS

At-home method: Turn on the stove to medium heat and use the cooking spray in the pan. Place the assembled quesadilla in the pan and wait until the side face down turns brown. Once brown, flip to the other side and cook until desired doneness. Stir the guacamole and serve it with the quesadillas.

Camping method: Prepare a campfire and let it burn down to the coals. Cook the foil-wrapped quesadillas 4 to 6 inches above the coals, turning once, for 5 to 10 minutes until hot. Open carefully. Stir the guacamole and serve it with the quesadillas.