

Shredded Chicken Quesadillas

Ingredients:

- 1 cup shredded chicken from Crock Pot Chicken (See Crockpot Shredded Chicken Recipe to make ahead of time)
- 2 Almond flour tortillas
- Handful of spinach
- ½ cup of diced onion
- 1 tbs of coconut oil or 2 tbs olive oil
- Salt and pepper to taste
- ½ teaspoon of garlic salt
- Other spices to taste
- ¼ cup shredded cheese



Topping Options: salsa, avocado, 1 tsp plain Greek yogurt (instead of sour cream)

Note: you can get creative with the filling.

Directions:

- Heat coconut or olive oil over medium.
- Add in chicken, spinach, onions and season to taste. Sauté until onions and spinach are tender and chicken is warm.
- Remove from skillet and increase heat slightly.
- Place one tortilla in skillet and fill with chicken veggie mixture. Sprinkle with cheese and top with second tortilla. Heat until bottom tortilla is starting to brown.
- Using a large spatula flip quesadilla and heat until it starts to brown.
- Plate quesadilla and top with avocado or salsa.