



Air Fryer Quesadilla

Description

Our Air Fryer Quesadilla recipe cooks in under 10 minutes. The quesadilla sauce is a riff on the Taco Bell quesadilla sauce, making this chicken quesadilla super saucy, cheesy, and hard to resist!

If you've been following our recipes for a long, you've probably realized that we have a bit of a thing for Taco Bell!

I know it's not cool to admit, but I love hitting them up for a quick lunch. Love recreating their recipes at home even more though.

About Time

- **Prep Time** 5 mins
- **Cook Time** 7 mins
- **Total Time** 12 mins

Ingredients

FOR THE TACO BELL QUESADILLA SAUCE:

- 2 tablespoons mayonnaise
- 2 tablespoons sour cream
- 1 tablespoon pickled jalapenos diced
- 1 tablespoon juice from jar of pickled jalapenos
- ½ teaspoon cumin
- ½ teaspoon chili powder
- ¼ teaspoon salt

FOR THE QUESADILLA:

- ¾ cup shredded, cooked chicken
- 2 teaspoons taco seasoning
- 2 8-inch flour tortillas
- ½ cup shredded Monterey jack cheese
- ½ cup shredded cheddar

Instructions

TO MAKE THE SAUCE:

1. Add all of the sauce ingredients to a small bowl and whisk to combine.

TO MAKE THE QUESADILLAS:

1. Add the chicken and taco seasoning to a small bowl and toss to coat the chicken in the seasoning.
2. Spread half of each tortilla with a tablespoon or two of the quesadilla sauce (you won't use all of it) and top with the Monterey jack cheese.
3. Sprinkle the chicken over the cheese and then top with the cheddar.
4. Fold tortillas closed and place in an air fryer basket. Spritz lightly with cooking spray.
5. Air fry at 350 degrees for 6-8 minutes, flipping halfway through cooking, until tortillas are as browned and crisp as you'd like.
6. Serve with the extra sauce for dipping, if desired.

Amount Per Serving

CALORIES: 37

- TOTAL FAT: 3g
- SATURATED FAT: 0g
- TRANS FAT: 0g
- UNSATURATED FAT: 1g
- CHOLESTEROL: 0mg
- SODIUM: 26mg
- CARBOHYDRATES: 3g
- FIBER: 0g
- SUGAR: 1g
- PROTEIN: 0g

Category

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Date

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