



Spicy Chicken or Shrimp Quesadillas

with Smoky Creamy Avocado Sauce

Spicy Chicken

2 Tbsp olive oil

1 tsp chili powder

1/2 tsp each of Chipotle chili powder, cumin, smoked paprika, onion powder, garlic powder, salt and pepper

1/4 tsp cayenne

1 Tbsp Ancho Chilis

2 Tbsp Lime Juice

1 lb chicken breast (boneless skinless)

Whisk together spices and seasonings. Pour over chicken in a ziplock bag. Coat evenly and seal. Marinate in the refrigerator for 5-6 hours. Cook on the grill and let it rest for several minutes after removing. Cut into small pieces.

Spicy Shrimp

1 pound shrimp, shelled and deveined

2 Tbsp olive oil

1 tsp smoked paprika

1 tsp cumin

1 tsp chipotle chili powder

Drizzle shrimp with olive oil. Stir gently to coat evenly. Add dry ingredients and toss together until all shrimp are covered.

Add to grill either on skewers or a sheet of aluminum foil. Do not overcook. No resting necessary

Smoky Creamy Avocado Sauce

3 avocado halves

1-2 Tbsp olive oil

kosher salt & pepper

1 1/2 cup greek yogurt

3 Tbsp liquid from chipotle adobo sauce can

2 peppers from the chipotle adobo sauce can

1 tsp smoked paprika

Brush the inside of the avocado halves with olive oil. Sprinkle on salt and pepper. Put on the grill with the skin side up.

Remove from grill and spoon the avocado out of the skin and into a food processor with the remaining ingredients.

Quesadilla

2 flour tortillas

1/4 cup smoky creamy avocado sauce

1/4 cup refried black beans

Your choice of meat (10-12 shrimp or 1/3 cup chicken)

1/3 cup shredded cheese

Spread one tortilla with avocado sauce, and the other with beans. Put meat on the avocado sauce side, then sprinkle with shredded cheese. Turn the tortilla with the beans onto the other. Press together and grill until each side browns up. Remove and cut with a pizza cutter. Serve with leftover avocado sauce as a dip.