Chicken Quesadilla

**Ingredients:**

1 chicken breast

½ pkg. taco seasoning

1 tortilla per person

¾ c Colby jack shredded cheese

**Directions:**

1. Slice chicken in to long thin strips then cut into small pieces.
2. Cook over medium high heat until no longer pink.
3. Add 1/3 cup water and taco seasoning. Cook until most of water is evaporated.
4. While chicken is cooking spray one side of tortillas with cooking spray.
5. Top tortilla with shredded cheese and cooked, seasoned chicken on one half and fold over.
6. Place into heated pan to brown on one side, then turn over to brown other side.
7. May top with sour cream and or salsa.