

Shrimp Quesadilla with Mango Salsa

online care group

DESCRIPTION:

Sweet, spicy and simple to make!

INGREDIENTS:

Quesadilla

- 1 cup cooked shrimp, chopped
- ½ cup fresh mango salsa
- 1 cup scallions, chopped
- 1 jalapeño pepper, chopped
- 5 (8 in.) whole wheat tortillas
- ¾ cup shredded reduced fat Monterey Jack cheese
- Cooking spray

INGREDIENTS:

Mango Salsa

- 1 large ripe mango, pitted, peeled and diced
- 1 red bell pepper, diced
- ½ small cucumber, seeded and diced
- 1 small green onion, chopped
- 1 jalapeño pepper, seeded and chopped
- 2 Tbsp. lime juice
- 2 Tbsp. lemon juice
- ¼ cup cilantro leaves, chopped

DIRECTIONS:

Quesadilla

1. Place tortilla on a large dinner plate or clean cutting surface. Layer cooked shrimp, scallions, jalapeño pepper and cheese on one half of the tortilla.
2. Coat a large non-stick skillet pan with cooking spray over medium heat.
3. Place tortilla on the heated skillet and cook for 1-2 minutes. Fold over the empty half of the tortilla onto the half with the cheese and shrimp.
4. Cook for additional 1-2 minutes and then flip onto the other side with a spatula. Cook until golden brown on both sides and all cheese has melted.

DIRECTIONS:

Mango Salsa

1. Mix all ingredients in a medium mixing bowl. Cover, chill, and let sit for at least 1 hr. before serving.

GARNISHES: Sour cream, cilantro, sliced jalapeño.



NUTRITION INFO

Serving Size	1 quesadilla & 2 Tbsp. salsa
Servings per recipe	5
Calories	213
Fat	6g
Saturated Fat	2g
Sodium	423mg
Carbohydrates	25g
Fiber	11g
Sugar	7g
Protein	25g

FACT(s): Eating meals naturally high in fiber will help keep you feeling fuller, longer. Shrimp – in addition to being a protein source, shrimp contains “healthy fat” as in omega-3’s fatty acids and is a great source of vitamin D, B12 and iron.