



Tropical Shrimp Quesadilla

INGREDIENTS:

- 1/4 cup Green onions, chopped fine
- 1 1/2 Yellow bell peppers, roasted, peeled, and seeded
- 1 1/4 Tomatoes, seeded and diced
- 1/2 cup Diced tropical fruit (pineapple, mango, kiwi, papaya, whatever tropical fruit is available)
- 8 ozs. Bay shrimp (2oz. Per person)
- 1 Tbsp. Jalapeños, chopped fine
- 1 cup Shredded mozzarella
- 2– 12” Whole wheat tortillas

PREPARATION:

- ~ Finely dice first 4 ingredients
 - ~ Combine and reserve
 - ~ Add finely chopped jalapeños
- ~ Layer diced ingredients with shrimp and cheese on 1/2 of the whole wheat tortilla
- ~ Fold over and brown and/or crisp on lightly sprayed large sauté pan
 - ~ Hold on cookie sheet in 200°F oven until ready to serve
 - ~ Cut into pizza style wedges
- ~ Serve garnished with lettuce, fat-free salsa, and low-fat sour cream

Number of servings:	4
Serving size:	1/2 tortilla
Calories:	280
Fat grams:	5

