



Island Quesadillas with Lime Sour Cream

Prep Time: 15 minutes

Cook Time: 12 minutes

Makes: 4 servings

1 carton (12 oz) SeaPak® Shrimp Scampi, frozen
4 pineapple rounds (fresh or canned in juice), about 1" thick
8 (fajita-size) flour tortillas, regular or whole wheat
2 cups Monterey Jack cheese or Mexican cheese blend, shredded
3/4 cup roasted red peppers, chopped
1/4 cup scallions, chopped
Cooking spray
1/2 cup sour cream
2 tbs chopped fresh cilantro
1 tsp lime zest, finely grated
1/4 tsp garlic powder

PREHEAT oven to 400°. Coat a large baking sheet with cooking spray.

COAT a large skillet with cooking spray and set over medium-high heat to preheat. Place pineapple rounds on hot pan and cook 2 minutes per side, until golden brown. Remove from pan and set aside. Add shrimp to hot pan and cook according to package directions. Lift shrimp from butter sauce (discard butter sauce if desired) and cut shrimp and pineapple into 1/2" pieces.

ARRANGE four tortillas on prepared baking sheet. Top tortillas with cheese (1/2 cup each), shrimp, pineapple, roasted red peppers, and scallions. Place second tortilla on top and spray the surface with cooking spray. Cover quesadillas with foil and bake 5 minutes. Uncover and bake 5 to 7 more minutes, until cheese melts and tortillas are golden brown. Meanwhile, in a small bowl, combine sour cream, cilantro, lime zest, and garlic. Mix well.

SLICE quesadillas into wedges and serve with lime sour cream on the side.

Recipe courtesy of Robin Miller.

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