



ISLAND QUESADILLAS WITH LIME SOUR CREAM

If you live on an island then you have to try these delicious island quesadillas

Yield: 4 Servings

INGREDIENTS

1/4 tsp.	Garlic powder
1 tsp.	lime zest, finely grated
2 tbsp.	Chopped Fresh Cilantro
	Cooking Spray
1/4 C	Scallions, finely chopped
2 C	Monterrey Jack cheese or Mexican, shredded
8 Item	(fajita-size) flour tortillas, regular or whole wheat
4 Unit	Pineapple rounds (fresh or canned in juice), about 1" thick
1 Unit	12 oz SeaPak Shrimp Scampi
1/2 C	Sour cream
3/4 C	roasted red peppers, chopped



DIRECTIONS

- 1 PREHEAT oven to 400°F. Coat a large baking sheet with cooking spray.
- 2 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.
- 3 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.
- 4 SLICE quesadillas into wedges and serve with lime sour cream on the side.