

Shrimp Quesadillas

Servings: 2

Adapted from

http://www.landolakes.com/ReesFrontier/Pioneer_Woman_Blog_Post_holiday_fiesta_quesadillas.aspx

Ingredients

2 Tbsp taco seasoning
1/2 lb raw shrimp, peeled and deveined, tails off, roughly chopped
2 tsp olive oil, divided
1/2 green bell pepper, diced
1/2 onion, diced
1/2 cup corn
4 tortillas
1/2 cup reduced-fat shredded cheese

Preparation

- 1) Preheat oven to 350 degrees.
- 2) Sprinkle the chopped shrimp with the taco seasoning. Add 1 tsp olive oil to the skillet and increase the heat to medium-high. Add the shrimp to the skillet and cook for 2 to 3 minutes, or until opaque. Remove from the skillet and set aside.
- 3) Add remaining 1 tsp olive oil to the skillet. Add the diced pepper and onion; cook for 2 to 3 minutes. Add corn to the skillet and cook for 1 minute, or until warmed. Remove from heat and set aside.
- 4) Lay two of the tortillas on a large baking sheet. Sprinkle each tortilla with even amounts of cheese, veggie mixture, and shrimp. Top with remaining tortillas.
- 5) Bake in the oven for 10-15 minutes or until the tortillas are light brown and crispy. Cut into small wedges with a pizza wheel and serve.