

Alaska Salmon and Grilled Vegetable Quesadillas



Preparation Time: 15 minutes

Cook Time: 10 minutes

Servings: 4 to 6

Ingredients:

Nonstick cooking spray

1 medium zucchini, halved lengthwise and sliced

8 oz. sliced mushrooms

1/2 onion, thinly sliced

1/2 to 1 teaspoon salt, to taste

1 teaspoon garlic powder

1/2 teaspoon ground cumin

4 large (burrito-size) tortillas

8 oz. shredded sharp cheddar cheese

1 can (14.75 oz.) or 2 cans (7.5 oz. each) traditional-pack Alaska Salmon or 2 cans or pouches (6 to 7.1 oz. each) skinless, boneless salmon, drained and chunked

Pico de Gallo sauce, guacamole or sour cream, as desired for dipping/topping

Description:

Spray-coat a very large (10 to 12-inch) nonstick skillet, then warm over medium-high heat. Add zucchini, mushrooms and onions; cook and stir until onion softens, about 3 to 5 minutes. Sprinkle on salt, garlic powder and cumin; stir to coat. Remove vegetables from pan; wipe out pan with a paper towel. Re-coat pan with cooking spray.

For each quesadilla, place a tortilla in the pan (or spray-coated nonstick griddle). Sprinkle 2 oz. cheese over tortilla. Sprinkle on and spread half of the drained salmon chunks over cheese. Spread 1/2 of the vegetables over salmon. Sprinkle on 2 oz. cheese, then top with another tortilla. Heat the skillet over medium-low heat. Cook 3 to 5 minutes on each side until golden brown. Repeat for second quesadilla.

Recipe by Ryan and Sara Hall

Recommended side dish: Farro and Broccoli Pilaf