

Fiesta Shrimp Quesadilla

with peppers

Prep Time:

25-35 min

Cook Within:

3 days

Difficulty:

Intermediate

Spice Level:

Not Spicy

Nutrition (per serving)

Calories: 620

Carbs: 45g

Fat: 36g

Protein: 32g

Sodium: 2010mg

Contains: shellfish (shrimp), milk, wheat

Ingredients (Serves 2)

- 8 oz. Shrimp
- 1 Green Bell Pepper
- 1 Onion
- 2 Large Flour Tortillas
- 3 oz. Shredded Quesadilla Cheese
- 2 oz. Light Sour Cream
- 1 oz. Chipotle Crema
- 1/4 oz. Cilantro
- 2 tsp. Taco Seasoning

You'll Need

- 1 Medium Non-Stick Pan
- 1 Mixing Bowl
- 1 Large Non-Stick Pan
- 1 Heat-Safe Mixing Bowl

Before You Cook

- Wash hands thoroughly with soap and warm water before cooking and after handling raw meat or seafood
- Remove all produce from any packaging or constraints, then thoroughly rinse and pat dry
- Ingredient(s) used more than once: taco seasoning, cilantro

Instructions

1. Prepare the Ingredients

Remove stem, seeds, and ribs, and cut bell pepper into 1/4" dice.

Stem and coarsely chop cilantro.

Halve and peel onion. Cut halves into 1/4" dice.

Pat shrimp dry and season all over with half the taco seasoning (reserve remaining for vegetables).



2. Start the Filling

Place a medium non-stick pan over medium heat and add 2 tsp. olive oil.

Add onions, bell peppers, and a pinch of salt and pepper to hot pan. Stir occasionally until tender and lightly browned, 6-8 minutes.

If pan is too dry, add water, 1 Tbsp. at a time, as necessary.

Stir in remaining taco seasoning until combined, 1-2 minutes.

Remove from burner. Transfer vegetables to a heat-safe mixing bowl and set aside.



3. Finish the Filling

Place a large non-stick pan over medium-high heat and add 1 tsp. olive oil.

Add shrimp to hot pan. Cook until pink and shrimp reach a minimum internal temperature of 145 degrees, 2-3 minutes per side.

Remove from burner. Transfer shrimp to a clean cutting board and let cool, 3 minutes.

Wipe pan clean and reserve.

Once cool enough to handle, coarsely chop.

Add shrimp and half the cilantro (reserve remaining for crema) to bowl with vegetables. Stir to combine.



4. Assemble and Toast the Quesadillas

Place tortillas on a clean work surface. Evenly spread chipotle crema on half of each tortilla, then evenly top with cheese and filling. Fold tortilla in half over filling.

Return pan used to cook shrimp over medium heat and add 2 tsp. olive oil.

Working in batches if necessary, add quesadillas to hot pan. There should be no overlap.

Toast until golden-brown, 2-4 minutes per side.

Remove from burner.

While quesadillas toast, continue recipe.



5. Make Cilantro Crema and Finish Dish

In a mixing bowl, combine sour cream, remaining cilantro, a pinch of salt and pepper, and 1 tsp. water.

Plate dish as pictured on front of card, halving quesadilla, if desired. Garnish with cilantro crema. Bon appétit!

