



Wild, Natural & Sustainable®

# SPEEDY SALMON QUESADILLAS



yields 4-6 servings • preparation time: 20 minutes

## SALMON & BLACK BEAN QUESADILLAS INGREDIENTS

- 1 (7.5 oz.) can pink Alaska Salmon, drained and chunked
- 2 Tbsp. prepared/bottled chunky salsa or mild green taco sauce
- 1/4 to 1/2 tsp. Cajun, Creole or Mexican seasoning
- 1/4 cup canned black beans, drained and rinsed
- 2 (8-inch) whole wheat or flour tortillas
- 1 cup (about 4 oz.) shredded Monterey Jack or Cheddar cheese

## SALMON & APPLE QUESADILLAS INGREDIENTS

- 1 (7.5 oz.) can pink Alaska Salmon, drained and chunked
- 1/2 cup diced apple
- 2 Tbsp. regular or light mayonnaise
- 1/4 to 1/2 tsp. dried thyme
- 2 (8-inch) whole wheat or flour tortillas
- 1 cup (about 4 oz.) shredded Colby-Jack or Cheddar cheese

## INSTRUCTIONS

1. Mix salmon and all other ingredients, except cheese and tortillas.
2. Add one tortilla to a 10-inch or larger pan.
3. Turn heat to medium low.
4. Sprinkle 1/4 cup of the cheese onto half of the tortilla.
5. Spoon half of the salmon mixture over the cheese.
6. Top with 1/4 cup cheese. Fold the tortilla over to close it; heat to melt cheese.

Apple Salmon Quesadilla

### Nutrition Facts

Serving Size 1 quesadilla  
Servings per recipe 2

Amount Per Serving		
<b>Calories</b>	572	Calories from Fat 281
		<b>% Daily Value</b>
<b>Total Fat</b>	31g	48%
Saturated Fat	14g	70%
Trans Fat	0g	
Omega-3 fatty acids	1.41g	
<b>Cholesterol</b>	147mg	49%
<b>Sodium</b>	1160mg	48%
<b>Total Carbohydrate</b>	31g	10%
Dietary Fiber	4g	16%
Sugars	6g	
<b>Protein</b>	44g	88%
Vitamin A		14%
Vitamin C		4%
Vitamin D		153%
Calcium		46%
Iron		6%
Potassium		14%
Selenium	50mcg	

Black Bean Quesadilla

### Nutrition Facts

Serving Size 1 quesadilla  
Servings per recipe 2

Amount Per Serving		
<b>Calories</b>	573	Calories from Fat 229
		<b>% Daily Value</b>
<b>Total Fat</b>	25g	39%
Saturated Fat	13g	63%
Trans Fat	0g	
Omega-3 fatty acids	1.47g	
<b>Cholesterol</b>	139mg	46%
<b>Sodium</b>	1142mg	48%
<b>Total Carbohydrate</b>	39g	13%
Dietary Fiber	7g	28%
Sugars	1g	
<b>Protein</b>	49g	99%
Vitamin A		12%
Vitamin C		0%
Vitamin D		153%
Calcium		52%
Iron		12%
Potassium		21%
Selenium	51mcg	

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