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.