

Quesadillas

Prep: 10 min. Cook Time: 10 min.

Ingredients:

2 garlic cloves, minced	1 tsp. olive oil
1 cup cooked shredded chicken breast meat OR	
1-14 3/4 oz can salmon, drained with bones and skin removed	
1 tsp. dried basil	1/2 tsp. pepper
4 whole grain tortillas	1 cup shredded mozzarella
1/2 cup sour cream	1/2 cup Japanese Pink Sauce
1 tsp. (or more) wasabi	Squirt fresh lime juice

Directions:

Saute garlic in oil until tender. Add chicken or salmon, basil and pepper and heat through. Spray Pam on one side of tortilla, place in hot pan, put meat mixture on half, sprinkle with cheese and fold over. Brown on both sides. Repeat with all tortillas and cut into wedges. For dipping sauce, mix sour cream, pink sauce, wasabi (to taste), and lime juice. Serve quesadillas with dipping sauce as appetizer or meal.