

## Blackened Shrimp Quesadilla Lunch

### Pico de Gallo Salsa

#### Ingredients

- 1 pound tomatoes, seeded and quartered
- 1 small yellow onion, diced
- 1 jalapeno, diced
- Juice from ¼ lime
- 1/8 tsp salt
- Dash of each: black pepper, chili powder, cumin, garlic powder

#### Directions

Add tomatoes to food processor. Pulse tomatoes. Add onion, jalapeno, lime juice, salt and rest of seasonings to food processor and pulse all ingredients again, then pour salsa into a dish, reserving a small amount in the food processor.

### Blackened Shrimp Quesadilla

#### Ingredients

- 7-8 16/20 shrimp
- Oil for cooking
- 1 avocado, diced
- 4 ounces cheddar cheese, shredded
- Blackening spice: ¼ tsp salt, 1/8 tsp black pepper, ¼ tsp Old Bay seasoning, dash of each – chili powder, cumin, onion powder, garlic powder, oregano, basil.

#### Directions

Stir together spice ingredients, then mix shrimp and coat evenly. Add small amount of oil to sautee pan, and cook shrimp 1 ½ - 2 minutes each side. Let shrimp cool.

Assemble quesadilla: Start with 1 tortilla, layer cheddar cheese, then avocado, then shrimp, then top with another layer of cheese. Place 2<sup>nd</sup> tortilla on top, and press down slightly. Put quesadilla in oiled sautee pan, and cook over medium heat, about 2 minutes on each side. Garnish with lime slices, fresh cilantro and sour cream.

### Refried Beans

#### Ingredients

- 1 pound pinto beans
- ¼ tsp vinegar
- ½ tsp salt
- Dash each: black pepper, chili powder, cumin, garlic powder

#### Directions

Reserve small portion of salsa in food processor. Add pinto beans to processor, and blend well. Add vinegar, salt, pepper, chili powder, cumin, garlic powder to processor and mix again. Transfer bean mixture to fry pan, and cook over medium-high heat for 3-4 minutes.