

Smoked Salmon Quesadilla





Ingredients

- $\frac{1}{2}$ cup frozen peas
- 2 tablespoons minced red onion
- 1 tablespoon cider vinegar
- 3 tablespoons reduced-fat cream cheese
- 2 flour tortillas
- 1 (3 ounce) package skinless, boneless
smoked salmon
- 1 tablespoon chopped tomatoes
- 1 tablespoon chopped fresh cilantro



Directions

Wash hands for 20 seconds, with warm soapy water. Make sure to scrub around your wrists, in between your fingers, and under your finger nails.

Combine peas, onion, and cider vinegar in a small bowl. Let stand 3 minutes to pickle; drain.

Combine the pea-onion mixture with the cream cheese in another small bowl, mashing with a fork to combine.

For the quesadilla, spread the cream cheese mixture onto each soft wrap.

Spoon the salmon on one of the wraps.

Top with the remaining soft wrap, with the cream cheese mixture side down.

Coat a large cast-iron skillet or nonstick skillet with extra virgin olive oil.

Heat the skillet over medium heat.

Add the quesadilla; cook 2 to 3 minutes or until lightly browned, turning once halfway through cooking time.

Cut the quesadilla into six wedges. If desired, serve with tomatoes and cilantro.



Nutrition Information

Calories: 196

Carbohydrates: 16.9g

Protein: 17.4g

Fats: 8.2g