



SAUTÉED VEGETABLE AND SEAFOOD QUESADILLAS

- 2 cans **Crown Prince Natural Lump White Crab Meat**, drained and rinsed
- 1 can **Crown Prince Natural Kipper Snacks**, drained
- 1 teaspoon olive oil
- 1 bunch asparagus, trimmed and chopped
- 1 large red bell pepper, chopped
- 1 medium zucchini, chopped
- 1 large red onion, sliced
- salt and black pepper to taste
- 10 8-inch flour tortillas
- 8 ounces shredded pepper jack or cheddar cheese



Topping:

- 1/2 cup sour cream
- 1 teaspoon lime juice
- 1/2 teaspoon ground cumin
- 1/4 teaspoon grated lemon rind

Combine all topping ingredients in a small bowl. Cover and refrigerate for at least 30 minutes. Heat olive oil in a large frying pan. Add the asparagus, bell pepper, zucchini and onion and sauté until just tender. Season with salt and pepper. Divide mixture into two separate bowls. In one bowl add the crab meat and mix well. In the other bowl add the kipper snacks and mix well.

To assemble quesadillas, warm a frying pan over medium heat. Place a tortilla in the pan and layer half of the tortilla with cheese, crab or kipper mixture and more cheese. Fold the tortilla in half to cover. Let it brown for about 1 minute, then flip to brown the other side. Once the cheese is melted and the tortilla is lightly browned it is done. Repeat with remaining tortillas. Serve quesadillas warm with sour cream topping. *Serves 10.*

Per Serving: 243 Calories (58 Calories from Fat), 7g Fat, 14g Protein, 38g Carbohydrate, 33mg Cholesterol, 346mg Sodium