



Recipes

PROGRAM 6 - SEGMENT 4

Baja Cantina Recipes

MONTEREY BAY SHRIMP QUESADILLA

Serves 1

INGREDIENTS

1 TBSP Butter
½ Cup Fresh Shrimps
½ Cup Tomato, chopped
1 Small Onion, finely chopped
½ Cup Artichoke Hearts, chopped
Salt & Pepper
2 Flour Tortillas
1 Cup Jack Cheese, shredded
For garnish
1 Lettuce Leaf
½ Cup Guacamole
½ Cup Sour Cream
½ Cup Mango Salsa
½ Cup Fresh Cheese, crumbled
1 Green Onion, chopped finely

METHOD

Melt butter in a hot pan and add onion, tomatoes, shrimps and artichoke hearts and sauté briefly until shrimps are cooked. Add salt, pepper and your preferred seasoning.

Warm two flour tortillas on a hot grill or non-stick pan. Spread both tortillas with jack cheese and spread the cooked filling on top of one tortilla.



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Continued:

Place the unfilled tortilla on top of the other and tap gently to flatten slightly before turning on the grill. The quesadilla will be ready after a few minutes of cooking.

Cut quesadilla into 4 portions and arrange on lettuce.

Surround with guacamole, sour cream and mango salsa. Sprinkle with fresh crumbled cheese, green onion and add some parsley for garnish.

All recipes displayed with kind permission from Baja Cantina. Results may vary.