

BBQ Shrimp Quesadillas

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Servings: 4

Preparation Time: 30 minutes

Cook time: 5 minutes

2 tablespoons lime juice
2 teaspoons olive oil
1 1/2 teaspoons lime peel, grated
1/4 teaspoon salt
1/4 teaspoon pepper
3/4 pound uncooked medium shrimp, peeled and deveined
2 medium ears sweet corn, husks removed
2 medium zucchini, chopped
4 green onions, thinly sliced
2 tablespoons barbecue sauce
2 cups (8 oz) Monterey Jack cheese, shredded
8 8-inch flour tortillas
salsa and additional barbecue sauce

In a large resealable plastic bag, combine the lime juice, oil, lime peel, salt and pepper.

Add the shrimp. Seal the bag and turn to coat. Refrigerate for 15 minutes.

Remove the corn from the cobs.

Drain and discard the marinade from the shrimp. Chop the shrimp and set aside.

In a large nonstick skillet coated with cooking spray, saute' the zucchini, corn and onions until crisp-tender.

Add the shrimp and saute' for 2 to 3 minutes longer or until the shrimp turn pink. Remove from the heat .

Stir in the barbecue sauce.

Sprinkle cheese over half of the tortillas. Spoon the shrimp mixture over the cheese.

Top with the remaining tortillas.

Cook on a griddle coated with cooking spray over low heat for 1 to 2 minutes on each side or until the cheese is melted.

Serve with salsa and additional barbecue sauce.

Per Serving (excluding unknown items): 765 Calories; 30g Fat (35.5% calories from fat); 29g Protein; 95g Carbohydrate; 7g Dietary Fiber; 50mg Cholesterol; 1200mg Sodium. Exchanges: 6 Grain(Starch); 2 Lean Meat; 1/2 Vegetable; 0 Fruit; 4 1/2 Fat; 0 Other Carbohydrates.