

# Salmon Quesadilla

## Ingredients:

2 Tablespoons of vegetable oil  
8 Flour tortillas, taco size  
5 Ounces garlic herb cheese, softened  
4 oz Salmon portions  
2 Tablespoons capers  
1 Cup shredded Monterey jack cheese  
½ Cup sour cream  
1 Tablespoon fresh dill, finely chopped  
1 Avocado, sliced  
1 Tomato, sliced  
½ Red onion, sliced  
Salt to taste  
Pepper to taste  
1 Head lettuce shredded



## Directions:

Preheat the grill. Season both sides of the salmon with salt and pepper. Place on the grill and cook for about 3 to 5 minutes on each side for medium rare. Remove from the grill and cool. Oil grill when ready to start cooking tortillas. Lay out 4 tortillas; spread each with half of the herb cheese. Divide and top each tortilla with salmon, capers, and jack cheese. Top with remaining tortillas. In a small bowl, combine sour cream with dill; set aside. Grill tortillas on hot oiled grill 3 to 4 minutes per side or until cheese has melted. Serve hot topped with sliced avocado, tomatoes, and onion on a bed of shredded lettuce.

**Yield: 4 servings**