



BRISTOL BAY
SOCKEYE SALMON

SOCKEYE SALMON & GRILLED VEGETABLE QUESADILLAS

Loaded with grilled vegetables and tender sockeye salmon, these quesadillas are a real crowd pleaser and so easy to prepare.

SERVINGS: 4-6
COOK TIME: 9 MINS.

Ingredients:

Nonstick cooking spray

1 medium zucchini, halved lengthwise and sliced

8 ounces sliced mushrooms

1/2 onion, thinly sliced

Salt, to taste

1 teaspoon garlic powder

1/2 teaspoon ground cumin

4 large (burrito-size) tortillas

8 ounces shredded sharp cheddar cheese
1 can (14.75 ounces) or 2 cans (7.5 ounces each) sockeye salmon, drained and chunked

Pico de gallo sauce, guacamole or sour cream, as desired for dipping/topping

Directions:

1 Spray-coat a 10-12 inch nonstick skillet, then warm over medium-high heat. Add zucchini, mushrooms and onions; cook and stir until onion softens, about 3-5 minutes. Sprinkle on salt, garlic powder and cumin; stir to coat. Remove vegetables from pan; wipe out pan with a paper towel. Re-coat pan with cooking spray.

For each quesadilla, place a tortilla in the pan. Sprinkle 2 ounces cheese over tortilla. Sprinkle on 2 and spread half of the drained salmon chunks over cheese. Spread half of the vegetables over salmon. **2** Sprinkle on 2 ounces cheese, then top with another tortilla. Heat the skillet over medium-low heat. Cook 3-5 minutes on each side until golden brown. Repeat for second quesadilla.

**Find more delicious wild sockeye salmon recipes at
www.bristolbaysockeye.org.**