



Crab and Avocado Quesadilla

Makes: 4 servings

Prep time: 20 minutes

Cook time: 4 minutes

Ingredients

1/4 cup diced onions

1 teaspoon olive oil

1 cup peeled and diced avocado

1/4 cup diced tomatoes

Pinch of ground cumin

Pinch of salt

Pinch of black pepper

4 medium flour tortillas, about 9 inches in diameter

4 teaspoons diced green chilies

1/2 cup chopped crabmeat (canned is fine)

4 tablespoons shredded low-fat Monterey Jack cheese

1/2 cup salsa

4 tablespoons nonfat sour cream

1. In a small pan, saute onions in olive oil until translucent.
2. In a large bowl, combine cooked onions with avocado, tomatoes, cumin, salt, and pepper.
3. Lay tortillas flat. Spread 1/3 cup of the avocado mixture, 1 teaspoon green chilies, 2 tablespoons crabmeat, and 1 tablespoon cheese on each. Fold tortillas in half; place in a pan coated with nonstick spray. Cook over medium heat 3 to 5 minutes per side, or until cheese is melted. Serve with salsa and sour cream.

Nutrition facts per serving: 395 calories, 16g protein, 61g carbohydrate, 10g fat (2.5g saturated), 5g fiber