

## **Shrimp Quesadilla**

### **Ingredients:**

10 shrimps

Bell pepper/mini sweet peppers

Shallots

Garlic

Taco seasoning or a combination of 1 tbs. chili powder, and half tablespoon of each black pepper, salt, garlic powder, onion powder, dried oregano, paprika, ground cumin.

Cheese

Sour cream

Medium flour tortillas

**Stir fry all the veggies. Then add shrimps.**

**On a clean pan, using cooking spray to cover the surface, place tortilla in the pan.**

**Put the toppings on top of the tortilla. Fold it in in half and cook for 2-3 minutes each side.**

**Repeat these steps again for other tortillas.**