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SHRIMP MENU Solutions



MENU PROFITABILITY

	Calculate Cost
4 oz Canadian Cold Water Shrimp	\$
All other ingredients	\$
Cost per Serving	\$

Shrimp Quesadillas

Ingredients:

1½ lbs	Clearwater Cold Water Shrimp	2 tsp	Fajita / Creole seasoning
8-10	Flour tortillas	2 cups	Shredded Mexican style cheese
1 bunch	Green onion, sliced thin – green part only		Non-stick spray
			Sour cream and Salsa for garnish

Method:

In a medium bowl, combine all ingredients except for flour tortillas and garnishes. Gently stir ingredients while being careful not to break or mash the shrimp. Take a handful of the mixture, press it down on only half of the tortilla so that it reaches the outer edge and is about an inch thick. Fold the other half of the tortilla over and evenly press down. Spray both sides of the tortilla with the non-stick spray. Heat a non-stick pan over med-high for two minutes. Fry in a large frying pan for 1-2 minutes per side, or until golden brown on both sides. Cool slightly and cut each quesadilla in four equal pieces. Serve with sour cream and salsa

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