

# Recipes



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## Chicken & Shrimp Quesadillas

**CHOP RAW CHICKEN BREAST AND RAW SHRIMP INTO LITTLE CUBES. SAUTE IN MEDIUM HOT OLIVE OIL, ADD GARLIC SALT AND PEPPER TO TASTE. LET COOL, TAKE FRESH TORTILLA AND COVER LIGHTLY WITH MONTERAY JACK AND COLBY GRATED CHEESES. SPREAD SHRIMP AND CHICKEN MIXTURE ON TOP FOLD IN HALF AND BAKE TILL CHEESE MELTS. SERVE WITH SOUR CREAM AND PICO DE GALLO.**



AS Seen on KMID



COOKING DEMO 8-20-02