

<== To print this recipe, select the File menu from your word processing program, then select Print... ==>

---

## **Hawaiian Quesadillas**

1 can (12 oz.) Chicken of the Sea® Chunk Light or Solid White Tuna,  
drained and flaked  
6 (9 inch) flour tortillas  
1 1/2 cups (6 oz.) shredded monterey jack cheese  
1 can (4 1/2 oz.) chopped green chiles  
1/4 cup chopped red onion  
1 Tbsp. chopped jalapeño peppers  
Pineapple salsa (recipe follows)

Combine green chiles, red onion and jalapeño peppers; set aside. Sprinkle 1/4 cup cheese over one half of each tortilla. Top with tuna; sprinkle with 2 tablespoons chile mixture. Fold tortillas in half and microwave on high for 1 to 2 minutes, or until cheese melts. Cut tortillas into wedges. Serve with Pineapple Salsa. Makes 6 servings.

## **Pineapple Salsa**

1 can (8 oz.) crushed pineapple in natural juice  
1/2 cup diced avocado  
1/2 cup chopped red pepper  
1/4 cup chopped green pepper  
1/4 cup chopped red or green onion  
1 1/2 tsp. chopped cilantro  
1 1/2 tsp. chopped jalapeno pepper  
1/4 tsp. lemon zest

Combine all ingredients; chill for at least 1 hour, or up to 3 days. Makes 2 cups salsa.

PREP TIME: 10 minutes for quesadillas; 10 minutes for salsa

MARINATE TIME: 1 hour

©1999 Chicken of the Sea International