

Cheesy Crab Quesadilla

¼+ Cup Crab Meat
½ cup Shredded Cheese, your favorite
Flour tortilla
Spicy Agave Cream Sauce, see recipe
Mango Pineapple Salsa, see recipe
Slice Avocado, garnish
Cilantro, garnish



Heat a non-stick pan over medium heat. Spray with cooking spray if desired. Add the shredded cheese to the hot pan and let it begin to melt. Add the crab meat to the top of the cheese and spread it out. Add a little of the Spicy Agave Cream Sauce if desired. Top with a flour tortilla and push slightly down and move about to loosen the cheese. Flip the cheese and crab, along with the tortilla so the tortilla is now on the pan bottom. Let sit for a minute while you get a plate ready. Drizzle part of the plate with the spicy agave sauce. Fold the tortilla over on itself and place on the plate. Add a few spoonful's of salsa to the plate along with sliced avocado and top with cilantro leaves.

Enjoy...

Spicy Agave Cream Sauce

¼ Cup Sour Cream
½ lime zest
1 tsp granulated Garlic Powder
2+ tsp Hot Sauce
12 tsp Chopped Cilantro
2 tsp Agave Nectar

Mix well until fully combined.

Mango Pineapple Salsa

½ Cup Dice Ripe Mango
½ Cup Diced Fresh Pineapple
2 TBS finely chopped Jalapeno
½ lime, juiced

Mix well to combine and let stand for 20-30 minutes.