Shrimp and Fresh Mango Quesadillas

1 pound raw shrimp- peeled, deveined and tails off
2 teaspoons extra virgin olive oil
2 cups fresh mango slices, cut into bite-size pieces
1 cup shredded Monterey Jack cheese
4 whole wheat tortillas
1 medium fresh lime

In a large skillet on medium high heat, heat olive oil; add shrimp and season with a dash of salt and pepper; squeeze 3 lime wedges over shrimp (taking care not to let seeds drop into pan). Stir fry until bright pink (about 2-3 minutes). Remove shrimp with slotted spoon (leave juices in skillet).

In a large bowl, combine mango, shrimp and cheese. Divide evenly, placing mixture on half of each tortilla. Fold each over.

In clean skillet, preheated low-medium, place each tortilla and cook until brown on both sides, cheese has melted and edges are crisp (about 3-4 minutes per side, per tortilla). Cut into wedges.

Serves: 4
Cost per serving: $2.82

Nutrition facts per serving
Calories: 440
Total Fat: 16 g
    Saturated Fat: 6 g
    Trans Fat: 0 g
Cholesterol: 200 mg
Sodium: 490 mg
Total Carbohydrate: 39 g
    Fiber: 4 g
Protein: 34 g

Serve with: Diced avocado, low-fat sour cream, salsa