



# Salmon Avocado Whole Wheat Quesadillas

15 minutes

Hands on

8

Portion(s)

1

Difficulty



## Ingredients

- 2 tablespoon(s) olive oil
- 4 tortillas, whole wheat
- 1 red bell pepper, peeled
- 200 g cottage cheese
- 2 tablespoon(s) dill, finely chopped
- pepper
- 1 avocado(s), ripe
- 8 slices smoked salmon

## Διατροφικός πίνακας

Nutrition information per portion

282 Calories (kcal)	16.0 Total Fat (g)	3.7 Saturated Fat (g)	16.0 Total Carbs (g)
14%	23%	19%	6%
3.0 Sugars (g)	18.0 Protein (g)	2.6 Fibre (g)	2.1 Sodium (g)
3%	36%	10%	35%

## Method

- Place a pan over medium heat and add  $\frac{1}{4}$  of the olive oil. Let it get hot.
- Add the first tortilla to the pan and fry for 2-3 on each side, until golden.
- When ready, remove from pan, transfer to a plate and repeat the same process for the remaining tortillas.
- Dice the red pepper into 1cm cubes.
- In a bowl, combine the cottage cheese, red pepper, dill, salt and pepper with a spoon.
- Peel the avocado and cut into slices that are 1 cm thick. Discard pit.
- Quarter the tortillas and spread the cottage cheese mixture over half of the pieces with a spoon.
- Add the avocado slices and top with smoked salmon.
- Cover with remaining tortillas and serve.