

your

# COMMISSARY ... It's Worth the Trip!



## THINKING OUTSIDE THE BOX

### 5 Minute Salmon Quesadillas

**B**y now, most know that the best way to improve the nutrition quality of the diet is to cook more meals at home and to limit the amount of processed foods. The first part of this message is entirely true when care is taken to choose high nutrition quality products, while keeping portion sizes in check. However, the second part, related to processed foods, is only partially true. With the whole foods movement, meaning only focus on fresh produce, dairy, eggs, and lean meats, many wrongly believe foods that have undergone any processing must be avoided. This is simply not the case, because there are many processed foods that are of high nutrition quality and are encouraged to be part of a healthy eating pattern. In fact, the [Dietary Guidelines for Americans](#) promotes the inclusion of many processed foods.



For example, frozen vegetables have undergone processing, but they are considered just as high in nutritional quality as fresh. The key is to choose those that don't have added salts or fats. In addition, canned fish, such as tuna, crab, and salmon have also undergone processing, but they are a great economical source of heart-healthy, fatty acids. For the most part, the key in choosing canned fish is to select ones that are low in sodium. Grain products like plain oatmeal, whole wheat flour, quinoa, etc. are great sources of complex carbohydrates, which should be the main fuel source in a healthy eating pattern, are also considered processed.

Building a healthy eating pattern to assist with meeting your health and wellness goals does not require forgoing any processed foods. However, should one choose to make the lifestyle choice to avoid all processed foods, there is nothing wrong with that either. In order to truly maintain a healthy eating pattern, choices should fit your lifestyle with considerations given to time, finances, and overall goals/beliefs. If including processed foods in your life makes it easier to cook more meals at home, then do so. The key is to choose items with the least amount of processing and with the fewest ingredients. Aim to have most of the choices be items that have no added sugar, and are low in sodium and unhealthy fat.

This meal features a combination of high-quality, nutrient dense processed foods, along with fresh produce to make a quick, economical, kid-friendly meal that can be your go-to before relying on a drive-thru!

#### Ingredients: 4 servings

- 8 8-10 inch whole wheat tortillas
- 14.75 oz. canned low-sodium salmon, drained and center bone removed
- ¼ tsp. garlic powder
- 1 3-4 oz. can sliced black olives
- 2 tsp. dried basil
- 2 dashes of salt and pepper
- 4 oz. shredded mozzarella
- Cooking spray
- 4 oz. plain Greek yogurt
- ¼ to ½ cup salsa
- 12 oz. mixed salad greens

#### Directions:

1. Place the drained salmon in a medium-sized mixing bowl. Remove the center bone by gently splitting the canned salmon apart. Discard the bone. Using a fork, gently break apart the salmon. Add the spices and sliced olive then gently fold until well blended.
2. Heat a skillet over medium heat and lightly coat with cooking spray. Place a tortilla on the pan. Quickly top the tortilla with ¼ of the salmon mixture and ¼ of the cheese. Top the cheese with an additional whole wheat tortilla. Turn the heat up to medium-high heat and flip the quesadilla when the bottom tortilla starts browning (check by gently lifting the quesadilla with a spatula). Cook the other side of the side until the cheese melts but remove before the bottom tortilla burns.
3. Top with ¼ of the salad greens, yogurt and salsa. Repeat for the remaining three quesadillas.

#### Tip

The quesadillas can be made in the microwave. Just build as described. Place on a microwave safe plate and cook for 45-60 seconds.

DISCLAIMER:

THIS RECIPE DOES NOT CONSTITUTE AN ENDORSEMENT BY DOD OF ANY INDIVIDUAL VENDOR. ANY PRODUCT OF SIMILAR SPECIFICATION MAY BE USED TO MAKE THIS HEALTHY CHOICE MEAL.

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