

Veggie Quesadilla

I don't know how you make your quesadillas, but it is such a quick and delicious meal and great way to get kids to eat more veggies 😊.

Ingredients: (enough for 3 large quesadillas, add more veggies if making more)

Flour or corn tortillas (buy the good ones. The ingredients in normal flour tortillas are pretty bad; the list is very long which is normally an indication that they are not very good for you. And always go organic if using corn products)

Olive oil	2 poblano peppers, seeds removed and chopped fine
3 cloves garlic, chopped fine	½ cup chopped cilantro
1 bunch kale, de-stemmed, chopped fine	1 tsp cumin powder
½ red onion, chopped fine	½ tsp sea salt
4 stalks of scallions, sliced fine	¼ tsp black pepper
1 carrot, grated	2.5 cups graded cheddar cheese

Preparation:

In a large non stick or cast iron skillet heat on medium high heat 1 Tbs olive oil. Add the garlic, cumin powder, salt, black pepper, and red onion and sauté till lightly browned. Add the carrot and poblano pepper and sauté 1-2 minutes more. Add the kale and scallions and cook until soft. Remove from heat and put in a bowl. In the same skillet keep warm on a low heat and lay down a tortilla. Spread 1/3 of the grated cheese and 1/3 of the veggie mixture. Once the cheese starts to melt add a 1/3 of the chopped cilantro then fold the tortilla in half and heat on both sides until tortilla starts to get a few brown spots. Remove quesadilla from pan and place on a cutting board so you can cut it into 4 parts. Place the next tortilla in the pan and repeat.

Serve with salsa, sour cream, hot sauce, or other favorite quesadilla toppings. Enjoy!