

Kale Quesadilla's

Ingredients

½ - 1 cup of fine-sliced kale leaves
1 tbsp of oil (coconut, peanut or butter are best)
whole-wheat or corn tortillas
3 tbsp crumbled feta cheese or ¼ cup of other cheese
**optional – add onions, garlic, or any other vegetables you have!!

Heat skillet on medium heat. Add kale (and other veggies) and sauté (cook) for 3-5 minutes. Remove kale/vegetables from heat and put in a separate bowl. Keep skillet on medium heat. Put 1 tortilla at a time onto skillet for 1-2 minutes, flip once. Add some of cooked veggies and some cheese, fold tortilla in half. Brown tortilla and then flip so that both sides are browned. Take out of skillet and cut into fourths on cutting board or eat whole!

Kale Quesadilla's

Ingredients

½ - 1 cup of fine-sliced kale leaves
1 tbsp of oil (coconut, peanut or butter are best)
whole-wheat or corn tortillas
3 tbsp crumbled feta cheese or ¼ cup of other cheese
**optional – add onions, garlic, or any other vegetables you have!!

Heat skillet on medium heat. Add kale (and other veggies) and sauté (cook) for 3-5 minutes. Remove kale/vegetables from heat and put in a separate bowl. Keep skillet on medium heat. Put 1 tortilla at a time onto skillet for 1-2 minutes, flip once. Add some of cooked veggies and some cheese, fold tortilla in half. Brown tortilla and then flip so that both sides are browned. Take out of skillet and cut into fourths on cutting board.

Kale Quesadilla's

Ingredients

½ - 1 cup of fine-sliced kale leaves
1 tbsp of oil (coconut, peanut or butter are best)
whole-wheat or corn tortillas
3 tbsp crumbled feta cheese or ¼ cup of other cheese
**optional – add onions, garlic, or any other vegetables you have!!

Heat skillet on medium heat. Add kale (and other veggies) and sauté (cook) for 3-5 minutes. Remove kale/vegetables from heat and put in a separate bowl. Keep skillet on medium heat. Put 1 tortilla at a time onto skillet for 1-2 minutes, flip once. Add some of cooked veggies and some cheese, fold tortilla in half. Brown tortilla and then flip so that both sides are browned. Take out of skillet and cut into fourths on cutting board.