



HARVEST OF THE MONTH

Ingredient: Brassicas

Winter Squash and Kale Quesadillas

PREP TIME:	20 mins
COOK TIME:	25 mins
TOTAL TIME:	45 mins
SERVINGS:	6 Servings
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INGREDIENTS

½ whole winter squash, peeled, seeded, and diced
2 ½ Tbsp canola oil
¼ tsp kosher salt
Black pepper to taste
¼ tsp chili powder
¾ bunch of kale, leaves torn, discard stalks
6 flour or corn tortillas, small fajita sized (flour tortillas are sturdier)
1 ½ cups Monterey jack or cheddar cheese, grated
1 Tbsp butter for pan
Salsa, avocado, hot sauce, or other toppings for serving

INSTRUCTIONS

1. Heat oil in a large skillet over high heat
2. Add squash and sprinkle with salt, pepper and chili powder. Cook for several minutes, turning gently with spatula, until golden brown and tender. Move squash to a plate and set aside
3. In the same skillet, heat butter or oil over medium heat and add in kale. Cook, stirring frequently, 3-4 minutes. Add in cooked squash and toss together, then set aside
4. In a separate skillet, heat oil or butter and lightly brown one side of a tortilla. Build quesadillas one by one by adding a layer of cheese topped with a layer of the squash/kale mix on half the tortilla, then folding it over.
5. Once cheese is melted, flip to other side and cook for 1-2 more minutes, remove from skillet and cut in thirds
6. Serve with salsa, avocado or any sides you'd like!