

Winter Squash and Kale Quesadillas

These are a delicious meal, easy for lunch or dinner, and can contain ground beef or shredded chicken for additional protein.

Source: *Jessica Manly FoodCorps Service Member*



Servings

6

Ingredients

- 1/2 whole winter squash, *peeled, seeded, and diced*
- 2 1/2 Tbsp canola oil
- 1/4 tsp kosher salt
- Black pepper to taste
- 1/4 tsp chili powder
- 3/4 bunch of kale, *leaves torn, discard stalks*
- 6 flour or corn tortillas, *small fajita sized, flour tortillas are sturdier*
- 1 1/2 cups Monterey jack or cheddar cheese, *grated*
- 1 Tbsp butter for pan
- Salsa, avocado, hot sauce, or other toppings for servings

Preparation

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 a spatula, until squash is deep golden brown and tender (but not falling apart). Move to a plate and set aside.
3. In the same skillet, heat butter or oil over medium-high heat and add in the kale. Toss it around with tongs and cook it for 3-4 minutes. Add in the cooked squash and gently toss together. Set aside.
4. In a separate skillet, heat oil or butter and lightly brown both sides of the 8 tortillas. Build the quesadillas one by one by adding a layer of cheese topped with a layer of squash/kale mixture on half of the tortilla and then folding it over.
5. When the cheese is melted, flip to the other side for 1-2 minutes, remove from skillet, and cut in half or thirds. Serve with salsa, avocado, or any sides you'd like!

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www.montana.edu/mtharvestofthemonth



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