

Mushroom and Kale Quesadillas

Makes 4 servings

These quesadillas are a crowd pleaser. Have your child help by cutting the mushrooms and assembling the quesadillas.

Ingredients

- 1 tablespoon olive oil
- ½ red or white onion, chopped into ½ inch pieces
- ½ teaspoon salt
- 4 portobello mushrooms, cut into ½ inch slices
- ½ large bunch kale, spinach, swiss chard, or rainbow chard, stems removed and leaves chopped
- ½ a lime, juiced
- 1 ½ cups shredded cheddar cheese
- 4 whole wheat tortillas
- 1 avocado, cut into ½ inch slices
- ½ cup Greek yogurt (optional)



Photo: Cookie and Kate

Directions

1. In a large pan set over medium heat, heat the olive oil.
2. Add the onion and cook until soft, about 5 minutes.
3. Add the sliced mushrooms and cook until soft and brown, about 5 minutes.
4. Add the kale or other greens and cook until soft and all the liquid is gone, about 5 minutes.
5. Add the salt and lime juice, mix well, and remove the pan from the heat.
6. Top half of each tortilla with ¼ cup of shredded cheese.
7. Add the mushroom and spinach filling on top of the cheese.
8. Add 2 tablespoons of cheese on top of the filling. Fold the empty half of the tortilla over the filling.
9. Place 1-2 quesadillas in a large pan set over medium heat and cook on each side for 2-3 minutes until the cheese is melted and the tortilla is golden and crispy.
10. Remove the quesadillas from the pan and let them cool for 5 minutes.
11. Repeat with the remaining tortillas and filling.
12. Slice each quesadilla into three triangles and serve with avocado slices and a spoonful of Greek yogurt for dipping.

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