



Squash & Kale Quesadilla

Ingredients:

Olive oil for sautéing

2 links of Mexican chorizo

½ large onion, diced

3 cups winter squash, peeled, seeded and diced

2 c. chopped kale

½ tsp. salt

½ tsp. chili powder

8 10” whole wheat tortillas

2 cups grated cheese (jack, cheddar or “Mexican” blend)

About 1 T. butter

Optional – top with guacamole or sour cream

Directions:

1. Heat skillet to medium. Remove the casing from the chorizo, add to the pan and cook, breaking it up with the spatula, until it is cooked through. Drain any fat if necessary and transfer to a large bowl.
2. Add the squash to the pan and cook, covered, stirring occasionally for about 5 minutes.
3. Add the onions and cover, continuing to cook until the squash is tender. Fold in the kale until it wilts.
4. Add the veggies to the bowl with chorizo and mix in the seasoning. Let the pan cool enough to wipe it clean with a paper towel. Meanwhile prepare the quesadillas - put about ½ cup of the mixture on half of a flat tortilla and sprinkle with ¼ cup of cheese. Fold over to create a half circle.
5. Heat the skillet to medium low. Add about a teaspoon of butter and swirl to coat the pan. Add the quesadillas, cooking several quesadillas at a time. After about 2 minutes, flip the quesadillas, lifting from the open side so as not to spill out the contents and continue to cook another 2 minutes until the tortillas brown and the cheese melts.