

Ingredient List

Produce:

- 2 onions (We love red onions for this meal, but any type will work.)
- 1 large bunch kale, collard greens or spinach (about 8 cups shredded, 12 cups if spinach) (Other leafy greens will work.)
- 2 ripe Haas avocados
- One 14-16-ounce (depends on the brand) can diced tomatoes
- 5 limes
- 1-2 jalapeño chiles (optional)
- 1 bunch cilantro
- A few cloves garlic

Pantry items:

- Ten 10" flour tortillas (Other sizes will work.)

Dairy:

- 12 ounces (about 3 cups shredded) Monterey Jack, cheddar, or queso blanco cheese

Optional additions to round out your meal:

- Sour cream
- Hot sauce
- Tortilla chips
- We'd serve this with a simple bowl of shredded romaine lettuce and some sliced radishes as a side salad. Use the extra liquid from the Pico de Gallo to make a "dressing" - letting the flavors on the plate combine.

Equipment:

- Cutting board
- Chef's knife
- Small bowl for holding vegetable scraps
- Medium skillet
- Wooden spoon or tongs

- Cheese grater (if your cheese isn't pre-grated)
- Pastry brush (optional)
- 1-2 sheet pans
- molcajete/mortar and pestle (or a mixing bowl with a fork or potato masher)
- Medium mixing bowl
- Citrus juicer (optional)

Other things to have on hand:

- Foil
- Extra small bowls for holding cut vegetables as we work

The Recipes

Healthy Greens Quesadillas

Makes 10 quesadillas

4 tablespoons neutral oil such as canola or grapeseed
1/2 red onion, diced (about 2/3 cup)
8 cups shredded kale, collard greens or spinach (if using spinach, use 10 or more cups)
1/4 teaspoon kosher salt
A few cracks freshly ground black pepper
10 flour tortillas (10" size)
12 ounces shredded Monterey Jack cheese (about 3 cups)
Pico de Gallo and guacamole for serving

Preheat the oven to 375°F.

In a medium skillet over medium heat, warm 2 tablespoons of the oil until shimmering. Add the onions and sauté until softened and starting to barely brown, about 3 minutes. Add the greens and sauté, until completely wilted, about 3 minutes. Season with salt and pepper and set aside.

On a flat work surface, lay out the tortillas. Evenly distribute the cheese on one half of each tortilla and top with equal amounts of the greens mixture. Fold the empty half over the cheese and greens side to form a half circle. Brush the tops with remaining 2 tablespoons of oil. Place the oil sides down on a large sheet pan (you may have to use more pans depending on their size.) Brush the tops with oil.

Cover with foil and bake for about 10 minutes, until the cheese is melted.

Serve with pico de gallo and guacamole.