

Kale



Did you know that as the weather gets cooler, the kale will get sweeter, as the sugars begin to concentrate? Kale really packs a nutritional powerhouse. One cup of raw kale has just 33 calories yet contains 684% of vitamin K, 134% of vitamin C, 206% of vitamin A, plus iron, folate, omega-3s, magnesium, calcium, iron, fiber, and 2 grams of protein! Many people think that the recent kale boom is a fad, but kale is actually a staple food in many places around the globe, like Scotland, Denmark, Kenya, Portugal and Italy. There are dozens of varieties of kale: Lacinato, Redbor, True Siberian, Red Russian, Dwarf Blue Vates, Red Nagoya, Chinese Kale, Sea Kale, and the six-foot tall Walking Stick Kale, to name a few.

Kale and White Bean Quesadilla

Serves 2 Prep Time: 10 minutes Cook Time: 10 minutes

Ingredients

1 tablespoon olive oil	½ medium onion, minced
1 can white beans, rinsed and drained	salt & pepper
4-5 leaves kale, stems removed and cut into strips	2 cups sharp cheddar cheese, grated
2 large white or wheat tortillas	

Optional Dip: ¼ cup plain yogurt, 2 tablespoons BBQ sauce

Directions

1. Heat the olive oil in a large skillet over medium heat. Once hot, add the shallots, beans, salt & pepper and cook for about 5 minutes until the shallots are softened, stirring occasionally. Transfer mixture to a small bowl, mash with a fork or potato masher and set aside.
2. Place one tortilla in the skillet, sprinkle the entire tortilla with cheese then spread the bean mixture on only one half of the tortilla. Top with half the kale, then sprinkle a bit more cheese on top of the kale. Fold the tortilla in half, press down and cook for about 1-2 minutes per side until golden brown. Transfer the tortilla to a cutting board and cut into four pieces. Repeat with the other tortilla and remaining ingredients.
3. To make the dip, combine the yogurt and BBQ sauce in a bowl and stir together.
4. Serve warm with the dip.