



CHEESY GREEN QUESADILLAS

COOK LEVEL: Beginner

COOK TIME: 30 minutes

PREP TIME: 15 minutes

SERVINGS: 6

INGREDIENTS

- 1/2 cup vegetable broth
- 4 tsps maple syrup
- 2 tsps tomato paste
- 1 tsp smoked paprika
- 4 tsps soy sauce
- Crushed red pepper flakes, to taste
- 1 tbsp coconut oil
- 4 cloves garlic, minced
- 1 bunch kale leaves, cut into 2-inch strips and kale stems, minced
- 1 container Baby spinach
- 1/2 organic lemon, juiced and zested
- 6 medium tortillas
- 10 oz cheddar cheese, shredded
- 2 red bell peppers, thin slices

SUPPLIES

- Medium jar with a lid
- Measuring spoons
- Medium mixing bowl
- Wooden spoon
- Whisk
- Large- wide and flat- skillet (2)
- Cutting board
- Chef's knife
- Spatula

INGREDIENT SUBSTITUTIONS

Ingredient	Substitution
Produce (kale, spinach, garlic, red bell pepper)	Broccoli, scallions, arugula, leeks, shallots, any color bell pepper, jalapeño
Pantry and Seasoning Items (veggie broth, tomato paste, smoked paprika, soy sauce)	Bone, chicken or beef broth; tomato sauce (if using, omit the broth/water), cumin, chile powder, Worcestershire sauce, liquid aminos, coconut aminos
Acid (lemon)	White wine vinegar, white wine, apple cider vinegar
Herbs (none required but feel free to add)	Fresh cilantro, parsley, thyme, rosemary
Fat (extra virgin olive oil)	Coconut oil, butter, avocado oil
Sweetener (maple syrup)	Honey

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DIRECTIONS

1. Pour the vegetable broth, maple syrup, tomato paste, smoked paprika, soy sauce and crushed red pepper flakes into a jar and tighten the lid (your young child can help to shake the jar). Taste and adjust the flavors as needed. Set aside.
2. Heat the oil in a large skillet and sauté the garlic over low heat, be careful not to burn it. Now pour the broth mixture into the skillet, stir to combine and let heat for 1 min.
3. Add the kale stems to the broth, cover and let cook for another minute. Taste and adjust the seasonings accordingly- you're going for a sweet and savory experience; and you want the stems to be tender but with a bit of a crunch.
4. Add the kale leaves, lemon juice and zest to the broth, mix to combine and cook uncovered until the leaves have wilted. Then add the spinach leaves and mix to combine; taste and adjust flavors as needed.
5. **MAKE QUESADILLAS:** In a dry skillet over medium high to high heat, add a tortilla (no oil needed) and heat until air pockets begin to bubble; check for browning and flip to the other side when the color is golden;
 - Add 1 or 2 scoops of kale filling, shredded cheddar cheese and red pepper strips to one half of the tortilla (a young child can help create a smiley face with the red pepper and cheese to put inside the tortilla)
 - Fold the other side of the tortilla over the side with the filling and press down with a spatula until the cheese begins to melt; flip to the other side; remove from heat when it seems as if all the cheese has melted
 - Repeat with the remaining tortillas until all the quesadillas have been assembled.
6. Serve & enjoy!

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