



# KALE QUESADILLAS

## EQUIPMENT:

SAUTE PAN  
FLAT GRIDDLE  
WOODEN SPOON

## INGREDIENTS:

12 DINO (TUSCAN) KALE  
(STRAIGHT LEAVES THAT  
ARE DARK GREEN)  
OIL AS NEEDED

8 OZ. HHF HUMMUS  
1 CARROT SMALL DICE  
1 BELL PEPPER SMALL DICE  
2 SPRING ONIONS CHOPPED  
1 TSP. CURRY POWDER

## METHOD:

### FIRST

SAUTE THE CARROT, BELL PEPPER, AND ONION IN A SAUTE PAN FOR FIVE MINUTES ON MEDIUM-HIGH HEAT UNTIL THEY ARE PARTIALLY COOKED BUT NOT SOFT.

### SECOND

ADD THE HUMMUS AND CURRY POWDER TO THE PAN AND STIR INTO THE VEGETABLES. IT WILL BE THICK AND WILL START TO STICK SLIGHTLY TO THE PAN. THIS IS NORMAL. CONSTANTLY SCRAPE THE BOTTOM OF THE PAN. MIX THE HUMMUS MIXTURE UNTIL FULLY INCORPORATED AND HEATED THROUGH.

### THIRD

PAIR THE KALE LEAVES SO THAT YOU HAVE TWO LEAVES OF THE SAME SIZE. SPOON SOME OF THE HUMMUS MIX BETWEEN THE KALE LEAVES. MAKE SURE THAT OUTSIDE OF THE KALE LEAVES FACE OUTWARDS. REPEAT THIS UNTIL YOU HAVE ALL OF YOUR QUESADILLAS ASSEMBLED.

### FOURTH

HEAT UP SOME OIL ON A FLAT GRIDDLE OR NON STICK SAUTE PAN. LAY THE QUESADILLAS IN THE OIL AND PAN FRY UNTIL THE LEAVES ARE CRISPY. FLIP THE QUESADILL AND CRISP THE OTHER SIDE. TRANSFER TO A PAPERTOWEL. REPEAT WITH ALL QUESADILLAS AND ENJOY!