

CO-OP MEALS

Dinner in 30

Kale & White Bean Quesadillas

Inspiration from the blogs *Running to the Kitchen* and *Serious Eats*. **Serves 2 as a main dish**

Shopping List:

- 2 shallots or 1 red onion
- 15-ounce can of cannellini or white beans
- 1 bunch local kale
- 8-ounce bag shredded Monterey Jack cheese
- Large tortillas, such as Maria's whole wheat

Pantry items:

- 4 tablespoons olive oil, divided
- Salt and pepper
- Plain Greek yogurt
- 1 teaspoon dried chipotle or paprika spice
- (Optional) Juice of ½ lime
- (Optional) ¼ cup diced scallions

Prep:

Finely dice the shallot or red onion. Juice the ½ lime. Separate 2 tablespoons of the shallot or onion and add to the lime juice; set aside.

Drain and rinse the beans. Wash and de-stem kale, discarding or reserving the stems for other use. Roll the leaves and slice into fine ribbons.

Cook:

Add olive oil to a skillet over medium-low heat. Add remaining shallots/onion and cook 2-3 minutes. Add kale and beans, stirring to wilt the leaves. Once onions are soft and kale leaves are wilted, remove pan from heat.

Transfer pan contents to mixing bowl and mash briefly using a fork or potato masher, leaving some beans intact. Mix in grated cheese, and 1 tablespoon yogurt. Spread mixture onto half of 2 tortillas and fold.

In a clean pan, heat 2 tablespoons olive oil over medium heat. Once hot, add the two folded quesadillas. Heat on each side, flipping once browned, then transfer to a cutting board to slice into wedges and serve with sauce (over).

Tips and Hints

From Co-op Nutrition Specialist Hannah Brilling

• To make the dipping sauce:

Combine ½ cup of the yogurt, shallots in lime juice, and seasoning together in a bowl. Stir and serve!

• Improve!

Have a can of chipotle in adobo on hand? Use 1 chile, seeds removed, plus 2 tablespoons of the sauce. Add fresh or dried cilantro, lime juice, and blend to combine.

You could also use freshly roasted jalapeños: Using a toaster or regular oven, cook until charred, slice or blend and add to yogurt and any additional ingredients. Add fresh chives, cilantro, or salsa!

• Video help

<http://coopfoodstore.coop/preparekale>



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