**INGREDIENTS**

- 3 Tablespoons olive oil
- 1 cup onions, diced
- 1 cup bell peppers, diced
- 2 garlic cloves, minced
- ½ teaspoon dried oregano
- 1 teaspoon chili powder
- 2 teaspoons ground cumin
- 4 cups kale, de-stemmed and chopped into thumb sized pieces (about one large bunch)
- Salt and pepper to taste
- Corn or flour tortillas
- 1 – 1 ½ cups grated sharp cheddar cheese
- optional garnishes: salsa, cilantro

**This recipe makes 10-12 quesadillas – enough for a party! If you want to serve a smaller crowd, make as many individual quesadillas as you like, and store the leftover fillings in the refrigerator for up to 5 days.**

**METHOD**

Heat the olive oil over medium heat in a large pot with a lid. Sauté the onions and peppers in the olive oil until the onions are soft and beginning to brown.

Add the spices and garlic and stir until they are fragrant and just beginning to brown and stick to the bottom of the pot.

Add the kale and mix well. Cover and cook for about 2 minutes, stirring frequently to prevent sticking and cook all the kale evenly. Add a sprinkle of water if needed.

Lay a tortilla in a flat pan over medium high heat. Put ½ to ¼ cup of the filling and a large pinch of cheese on half of the tortilla and fold the other half over the top.

Cook a few minutes on that side, until the tortilla is crispy, but not burned. Flip to the other side and cook again until that side is crispy as well. Top with salsa if you like.