



Child Nutrition Program January 2022 Harvest of the Month Recipe

Cheesy Kale & Veggie Quesadilla



Switch up your Taco Night with these Cheesy Kale & Veggie Quesadillas that are loaded with kale, veggies and cheddar cheese. Keep it gluten free and use corn tortillas instead of flour.

Ingredients

- 6 mini corn tortillas or 4 regular size corn tortillas
- 1.5 cups of kale leaves, torn into bite sized pieces
- 1 red bell pepper, diced
- 1 green bell pepper, diced
- 1/2 medium red onion, diced
- 1/4 tsp. cumin
- 1/2 tsp. salt
- 1/4 tsp. black pepper
- 1/4 tsp. garlic powder
- 3/4 cup of shredded cheddar cheese
- 2 Tbsp. olive oil (for veggies)
- 1 tsp. olive oil (for tortillas)
- **Optional:**
- Serve with fresh limes, salsa or guacamole

Directions

1. In a medium skillet, heat 2 Tbsp. of olive oil.
2. Add peppers and onions to skillet. Cook until softened, about 3 minutes.
3. Add cumin, salt, pepper and garlic powder. Stir well and cook for another minute.
4. Add the torn kale leaves. Lower heat. Let Kale cook for 1-2 minutes, or until wilted and soft.
5. Remove pan from heat.
6. Heat griddle or large skillet to medium high heat. Drizzle 1 tsp olive oil on griddle or skillet.
7. Lower heat to low and [lace tortillas on griddle and let cook until golden brown. Flip over.
8. Spread cheese evenly on half of the tortillas. Then spoon Kale and Veggie mixture on top of cheese. Top with remaining cheese and remaining tortillas.
9. Carefully flip tortillas over and ensure that both sides are golden brown. Remove from heat, and cut into quarters.
10. Enjoy!



This institution is an
Equal Opportunity Provider.



Child Nutrition Program January 2022 Harvest of the Month

Kale Varieties



Common Curly

This variety is usually available at the grocer store. It is great raw in salad, or smoothies or try it sauteed or in soup.



Ornamental Kale

This beautiful Kale is not commonly used for displays. This has a coarse texture, which adds texture to dishes.



Dinosaur

This is an Italian variety that was once grown by Thomas Jefferson! The leaves have a reptilian texture, which is where it gets its name.

Fast Facts

Kales is one of the healthiest and most nutritious plant foods in existence! It has more calcium than milk and more Vitamin C than an orange!

Some varieties of kale grow to be 5 to 7 feet tall!



Kales is one of the most versatile dark green veggies- try it in a smoothie, a salad, juiced, sauteed, or bake it and eat like chips!

The first mention of Kale in America was in 1669! But it has been around since about 2000 BC!

IDEA Farm News

For school year 2021-2022, IDEA Public Schools will have 9 IDEA farms that will work to provide the Harvest of the Month and other seasonal produce to IDEA school cafeterias during the 2021-2022 school year.



IDEA Elsa
IDEA Edgemere
IDEA Donna

IDEA Rundberg
IDEA San Benito
IDEA Monterrey Park

IDEA Eastside
IDEA Quest
IDEA Horizon Vista



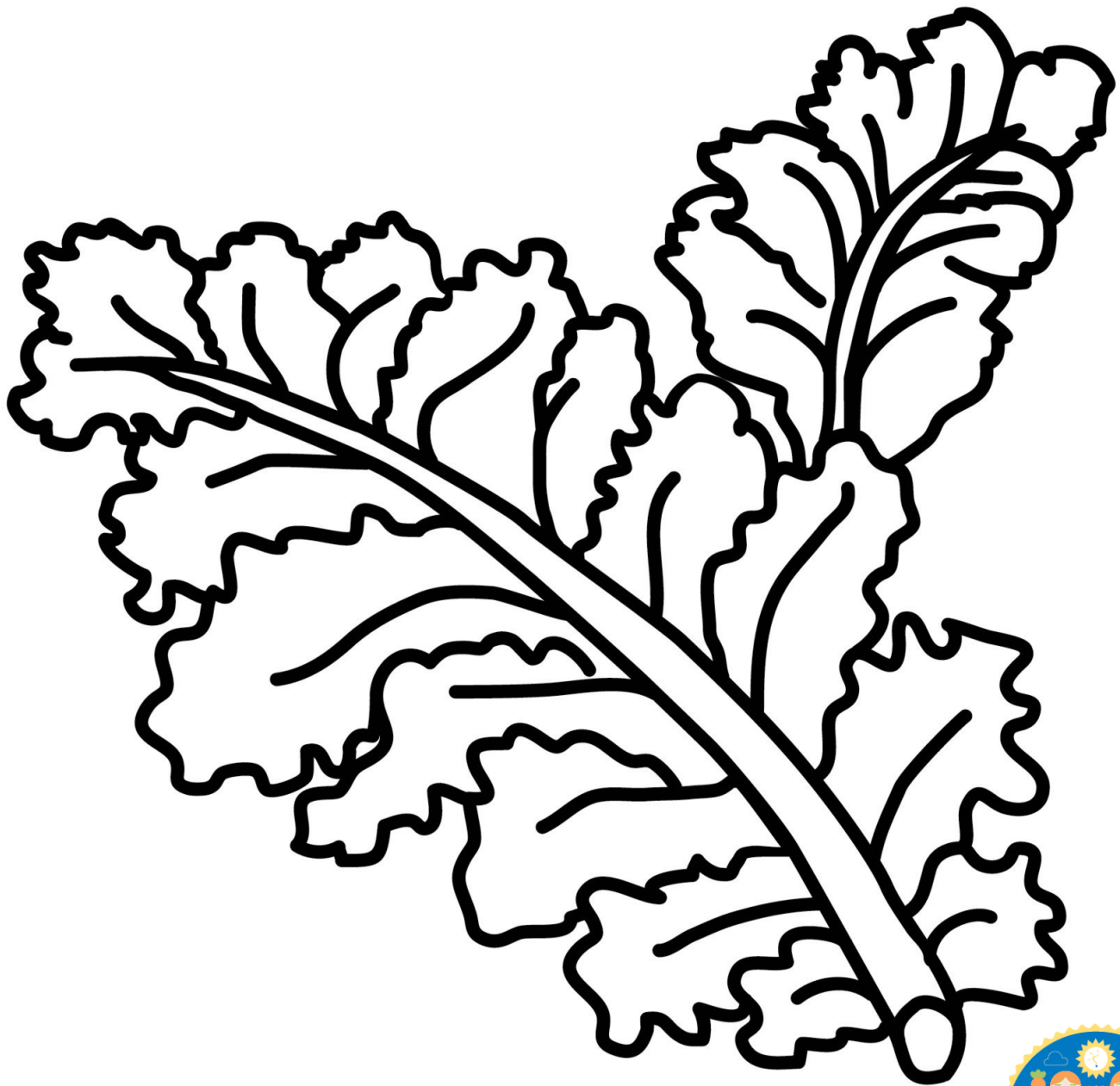
This institution is an Equal Opportunity Provider.



IDEA
Public Schools

Child Nutrition Program
January 2022 Harvest of the Month

Kale Coloring Activity



This institution is an Equal Opportunity Provider.



Child Nutrition Program January 2022 Harvest of the Month

Kale Word Search

Directions:

Find the KALE related words in the puzzle.

Words can go in any directions and can share letters as they cross over each other.

KALE
LEAFY
GREENS
VITAMINS

ORNAMENTAL
COMMON
JANUARY
HARVEST

SUPER
FOOD
VERSATILE
DINOSAUR

C Y Y O Q S N T Z E L A K Y D C S A A Y M Z J W K
I O H X Y O J G G H R M P I F O H B W T W E A O A
G Q M K X Y C F U U P R J K Q A O U R A Y L N Y B
K U Z M Q S I U A N Q T I L R X E F K T J I U U S
D U G Z O L S S Y O Z E X V Q F D L Q C K T A G N
R E P U S N O F F X H C E U X A S O H D K A R O E
G A W L W N O Y J K S S C I T Q H U Y R S S Y P E
S R J R I F D G U L T T K W A I I K P L N R F O R
Z W B D H X Y X A W T C F I K N G D H I E E H E G
M W E W J Q G S B B X P S P K J N Z M U R V N U G
Z M S M E I L D C E Z M D Y E C R A U I G P P C N
K Y T G L D E A B J Z P E U C I T S U C A B A R A
I B D T T Z N A D T Q F K D J I P P T W W I J X X
U Y L W S L V V J N F O C X V O R N A M E N T A L
Q V Q I M M L F T G I C U B O K F F G L R L K J K



This institution is an Equal Opportunity Provider.



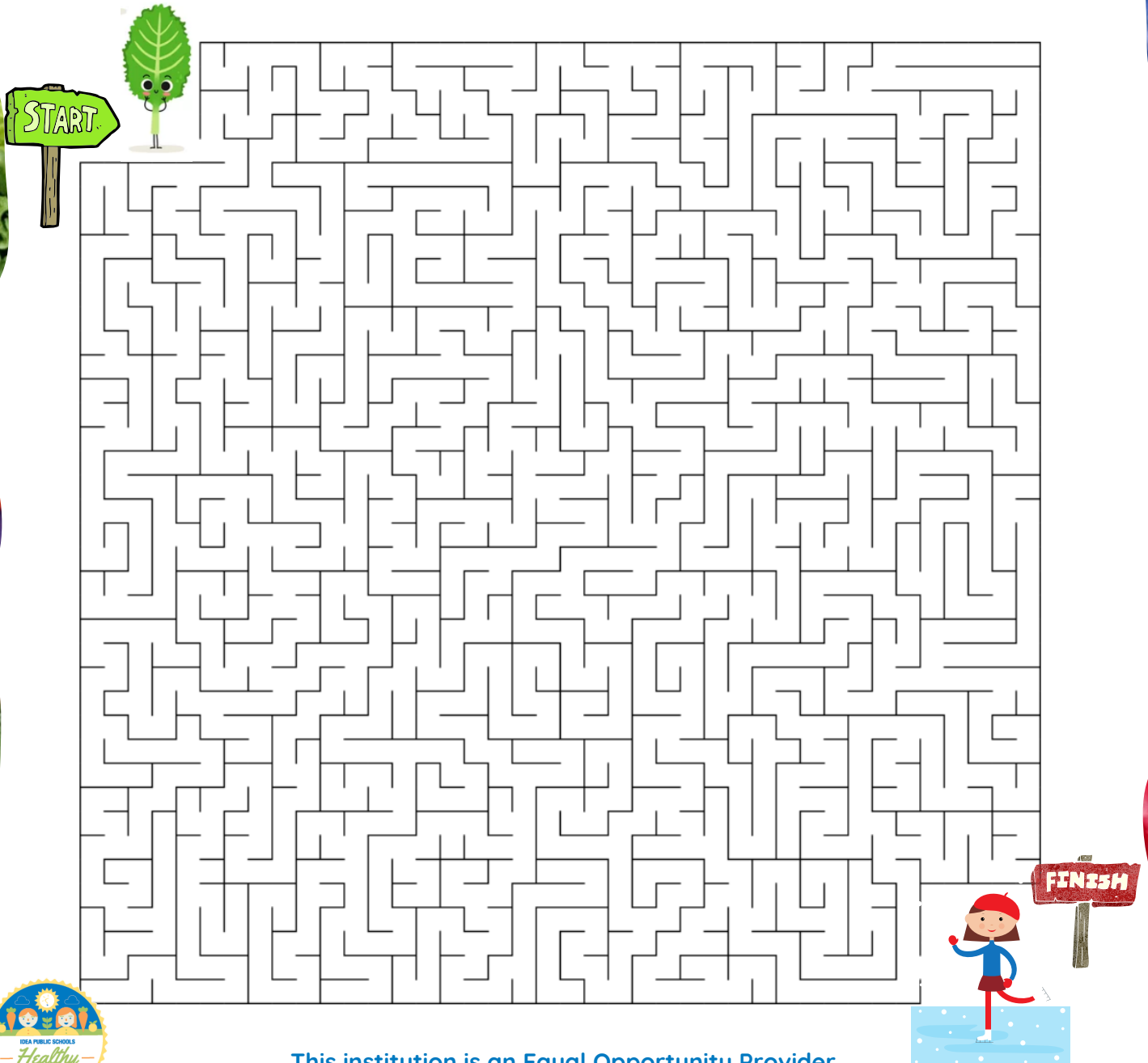


IDEA
Public Schools

Child Nutrition Program
January 2022 Harvest of the Month

Parsnip Maze

Directions:
Help Katy Kale find their way to the Ice Skating Rink!



This institution is an Equal Opportunity Provider.



IDEA
Public Schools

Child Nutrition Program
January 2022 Harvest of the Month

Parsnip Word Scramble

Directions:
Unscramble the KALE Related Words!

Scrambled Word

Unscrambled Word

1. MNOOMC

2. SRAIUDON

3. DFOO

4. NGESRE

5. REVTASH

6. YAJRNUA

7. EAKL

8. FAYEL

9. NOTNMREAAL

10. UPESR

11. ESAELVRTI

12. IIVNSAMT

13. EIRVSTAIE

14. CLRUY

Answer Key

1. COMMON
2. DINOSAUR
3. FOOD
4. GREENS
5. HARVEST
6. JANUARY
7. KALE
8. LEAFY
9. ORNAMENTAL
10. SUPER
11. VERSATILE
12. VITAMINS
13. VARIETIES
14. CURL



This institution is an Equal Opportunity Provider.