**INGREDIENTS**

- 2 cups shredded kale
- 1/2 cup minced scallions
- 2 tablespoons olive oil
- 8 corn tortillas
- 1 cup shredded low-fat Monterey Jack cheese
- 1 cup salsa

**INSTRUCTIONS**

**Step 1** - In a large non stick frying pan over medium heat, sauté the kale and scallions in 1 tablespoon of oil until tender, about 5 minutes.

**Step 2** - Divide the mixture among the tortillas. Top with cheese. Roll up each tortilla to enclose the filling.

**Step 3** - Clean the frying pan and warm it over medium heat. Add the remaining 1 tablespoon oil. Place the enchiladas, seam-side down, in the pan. Let brown for several minutes on each side.

**Step 4** - Add the salsa. Cover the pan, reduce the heat and simmer for about 5 minutes, basting frequently.

**Total:** 20-25 minutes  
**Yield:** 4 servings

**RECIPE COURTESY OF THE HEALING FOODS COOKBOOK**

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