



Collard Wraps



Prep Time: 10 minutes Cook Time: 1 minute Yield: 4-8 servings

INGREDIENTS

- 3 cups Greens, shredded (Lettuce, Kale Swiss chard, etc.)
- 3 cups cooked Whole Grains (Brown Rice, Barley, Quinoa, etc.)
- 2 tablespoons Olive Oil
- 4 large or 9 medium Collard Leaves (wrapper)
- 1 Avocado (mashed) or 8 ounces Hummus, Salsa or mashed Beans
- 2 cups assorted fresh Vegetables, grated or thinly sliced (Radish, Carrot, Red Onion, Peppers, Zucchini, Cucumber, etc.)
- 4 ounces of Feta or other Cheese on hand

DIRECTIONS

- **SHRED** the greens and **ADD** to the bowl.
- **MEASURE** the olive oil and **TOSS** with greens. **SET** aside.
- **REMOVE** the stems from the collard leaves; **MICROWAVE** 1 minute or **STEAM** until wilted. **SPREAD** onto a flat surface.
- **SPREAD** the mashed avocado (or hummus, salsa, etc.) over the center of the leaf (leave the edges clear for rolling).
- **ADD** the cheese and **FOLD** the collard leaf into a wrap like a burrito.
- **ENJOY** as a healthy and delicious lunch.

VARIATIONS

- Try swapping out the ingredients in this recipe with something seasonal and save money too! Cabbage, carrots, beets and kale are great options for winter.