



VEGAN COLLARD GREEN WRAPS



INGREDIENTS

4 extra large collard green leaves or swiss chard

1 cup Hummus

1 cup crispy tofu cubes or baked tofu (optional)

½ cup grated carrots

½ cup grated beets

1 cup greens (watercress, arugula, spinach or micro greens)

Add cilantro, parsley, basil, & mint (optional)

INSTRUCTIONS

Bring a big pot of water to a boil. Turn heat to low, stack and place 4 collard greens in the water, stem sides first and blanch for 30-60 seconds, or until stems are soft.

Using tongs, turn so all parts of the leaves are blanched and pliable enough to roll.

Pull them from the water with tongs, shake them off in the sink and place on the counter.

While the water is heating, grate your beets and carrots, slice the avocado and make the crispy tofu.

To make the crispy tofu, pat dry an 8 ounce block of extra firm tofu and cut it into ½ inch cubes. Place in a bowl and toss with ½ teaspoon salt, and your choice of 1-2 teaspoons turmeric or garam masala spice.

Heat 2 tablespoons olive oil in a non-stick pan or well seasoned cast iron skillet, and sear the tofu, on a couple sides, until crispy. Set aside.

Assemble the collard greens wraps. Place ¼ cup hummus on the lower middle of the wrap, top with ¼ of the tofu, then the veggies and herbs.

Roll up, tucking the sides in as you go like a burrito.

ENJOY!