

Collard Green Wraps

1 T Tahini

Juice of ½ Lemon

½ T Curry Powder

Pinch of Sea Salt

½ Avocado, sliced

Green Onions, chopped

Tomatoes, chopped

Small Handful alfalfa sprouts

1 small cucumber, sliced

2 Large Collard Green Leaves

Prepare assorted veggies. In a small bowl, whisk together tahini, lemon juice, curry powder, sea salt and a splash of water (just add enough to get a consistency that appeals to you). Divide the vegetables and tahini mixture between the two collard leaves. Roll them up like a burrito, folding in the ends if possible. Heat a pan over medium-high heat with a little oil. Place wraps into the hot pan and cook for 1-2 minutes on each side. Use a toothpick to keep the wraps closed.

* Get creative! The filling ingredients are easily interchangeable and endless.

Examples: Shredded carrots, sliced bell peppers, hummus, beans, rice, cheese, mushrooms, etc. Vegetables can be used raw or lightly steamed if you desire.