

# Collard Wraps

1. Prep one large bunch of Collard greens: separate the leaves, rinse them and cut off the large stem.
2. Bring about an inch of water to boil in a large skillet. Submerge a collard leaf in the water for about 30 seconds each side.
3. Immediately remove steamed leaf and plunge into an ice bath (large bowl filled with ice water) and then onto paper towels to dry.
4. To serve, place two leaves overlapping on a plate. Stuff with yummy goodness and wrap it up tight. Enjoy!!!
5. Store unused "wraps" between paper towels in a large ziplock bag/ sealed container in the fridge for up to 5 days.

Perfect for summer lunches at the beach or a quick weeknight meal, collard wraps are the healthy low-cal substitute for flour tortillas. Prep a bunch on Sunday and store them in the fridge all week. We like to stuff ours with chicken, avocado and roasted reds, but they are also delicious with rice and beans, veggies and hummus or our turkey taco skillet.