

## Collard Green Wraps

The toughness of collard green leaves makes them a great substitute for tortillas or other wraps. The recipe below has chicken, but you can easily swap in black beans, tempeh or another vegetarian protein for a vegetarian option.

8 Large collard green leaves  
1 cup quinoa  
1/2 lb chicken, cooked and shredded  
1/2 cup tomatillo or red salsa, or more to taste  
1/4 cup parmesan, grated

1. Remove the stem from the collards and drop into a pot of boiling water and cook for about 30 seconds, until leaves just start to become tender.
2. Remove from water and run under cold water to quickly cool the leaves.
3. Cook the quinoa until tender.
4. Cook the chicken and shred (you can grill, poach, roast - whatever you feel like).
5. Heat the olive oil in a sauté pan and add the cooked chicken and quinoa.
6. Add the salsa and cook, stirring occasionally, until evenly heated, about 5 minutes.
7. Taste and add more salsa or salt and pepper to taste. At this point you can really add any additional seasonings - cumin, cayenne etc. Let the mixture cool slightly. When cooled, place a spoon of the mixture in each collard leaf and roll up, like an egg roll, folding the sides in as you roll. Place the rolls in a baking dish, drizzle with olive oil and sprinkle with the parmesan. Bake for 5-10 minutes in a 350 oven and serve warm.