

VEGGIE WRAPS

SERVINGS: 4
PREP TIME: 15 min
COOK TIME: n/a min
SERVING SIZE: 1 wrap



INGREDIENTS

- 4 large collard leaves
- ½ cup hummus
- 1 tomato, sliced into thin wedges
- 1 small carrot, grated
- ½ yellow bell pepper, sliced into thin strips
- 2 stalks of celery, sliced into thin strips
- 1 small bunch of cauliflower, cut into very small pieces
- 1/4 cup sunflower seeds

DIRECTIONS

1. Lay collard leaf flat on cutting board.
2. Spread hummus down the center of all three leaves.
3. Fill with vegetables parallel with the collard's stem.
4. Fold ends in and roll. Cut in half and enjoy.



Image: <https://hungryhobby.net/collard-green-wraps/>

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