

# Collard Wraps With White Bean Hummus



<i>Prep Time</i>	15 Mins
<i>Total Time</i>	30 Mins
<i>Meal Type</i>	Lunch, dinner
<i>Servings</i>	6
<i>Contributed By</i>	LivingPlate

## Wraps

### Ingredients

- **6 collard leaves**, large
- **2 cup water**
- **1 (15.5 oz.) can white beans**, rinsed and drained
- **1 lemon**, juiced (for 2 Tbs juice)
- **1 Tbs tahini**
- **2 cloves garlic**, small
- **1 cup spinach**, packed
- **1/2 tsp salt**
- **1 red bell pepper**, sliced thinly
- **1 cucumber**, seedless, sliced thinly
- **3 carrots**, peeled and sliced thinly
- **1 avocado**, pitted and sliced thinly
- **6 scallions**, cut lengthwise into strips
- **1/4 cup basil** (or cilantro, parsley, etc.)

### Directions

#### Prep

1. To crush spines of collards: Lay collard leaf on flat surface. Place the back of a chef's knife on lower part of collard spine – place pressure on flat part of knife until spine is crushed, lightly tapping if necessary.
2. Place 2 cups of water in a shallow sauté pan. Bring to a boil then reduce to a simmer. Using tongs, plunge collard leaves, one at a time, in the water for 30 seconds until soft and bright green. Remove leaves to paper towel-lined plate to dry.
3. Prepare vegetables according to directions.

#### Make

1. Add beans, lemon juice, tahini, and garlic to food processor. Pulse until just smooth with some texture. Pulse in spinach.
2. Season with salt.
3. Place one collard wrap on a flat surface and place ¼ cup of hummus on the top two-thirds. Top with vegetables and roll wrap once, folding in one end, then complete wrap. One end will remain open.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Calories per serving	172	Total Fat 5.3g	8%	Total Carbohydrates 26g	8%
		Saturated Fat 0.8g	3%	Dietary Fiber 8g	30%
		Trans Fat 0.0g		Total Sugars 4g	
		Cholesterol 0mg	0%	Protein 8g	
		Sodium 475mg	20%		
		Vitamin D 0mcg 0%			
		Calcium 16mg 11%			
		Iron 3mg 17%			
		Potassium 773mg 16%			

\* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.