

Collard Green Wraps

Oscar · 28/09/2024



Prep Time

35 mins

Difficult

Medium

Servings

4

Description

Creamy hummus crunchy bell pepper and refreshing cucumber join tangy artichoke hearts and peppery arugula inside tender blanched collard green leaves resulting in fresh and flavorful veggie wraps that are perfect for a light lunch. Serve with chips on the side or even some lemongarlic roasted potatoes or rice.

Ingredients

- - ¼ cup apple cider vinegar - 3 tablespoons kosher salt - 1 bunch collard greens - 1 (10 ounce) container roasted garlic hummus - 1 large red bell pepper
- thinly sliced - ½ small seedless cucumber
- cut into sticks - 1 medium red onion
- thinly sliced - 1 (14 ounce) can artichoke hearts
- drained and quartered - 1 cup packed baby arugula - 2 teaspoons freshly squeezed lemon juice

Instructions

1. Fill a large pot with 3 inches of water. Add vinegar and salt; bring to a boil over medium-high heat. While water comes to a boil
2. remove 4 large leaves from the bunch of collard greens. Lay them flat on a cutting board and trim the stems until even with beginning of leaves. Carefully shave center stems down until leaves lay flat
3. being careful to not tear them. Place leaves in boiling water and cook undisturbed until bright green and wilted
4. about 30 seconds. Use tongs to carefully transfer leaves to a bowl of ice water; let cool 3 minutes. Remove from ice water and pat dry. Lay collard leaves flat on a large cutting board and assemble wraps as follows
5. dividing ingredients evenly among the 4 leaves. Spread an even layer of hummus on each leaf
6. leaving a 2-inch border. In the bottom third of each leaf
7. stack bell pepper
8. cucumber
9. onion
10. artichoke hearts
11. and arugula. Drizzle with lemon juice. Fold the sides of each leaf in towards the center
12. using your hands to help keep the sides tucked in
13. and roll
14. starting from bottom. Slice in half diagonally to serve. Cook's Notes: Collard green bunches are in season in the winter. Be sure to look for large collard green leaves! You can substitute any flavor of hummus that you prefer: classic
15. roasted red pepper
16. pesto hummus
17. etc. For a more Mediterranean feel
18. add Kalamata olives. Using collards as a wrap is endlessly riffable. You could blanch them in rice wine vinegar and stuff with noodles and shrimp and serve with peanut sauce like a spring roll
19. or make a turkey and cheese club. Editor's Note: Nutrition data for this recipe includes the full amount of salt for blanching the collard greens. The actual amount of salt consumed will vary.