

Hummus Collard Wraps

Delicious, Easy To Make Wraps



COURSE

Main Course, Side
Dish, Snack

CUISINE

Mediterranean



SERVINGS

8 Wraps

EQUIPMENT

- Food Processor

INGREDIENTS

- 8 Large Collard Leaves
- 4 Carrots Julienned
- 4 Celery Stocks Julienned
- 16 Cherry Tomatoes, Diced
- 8 Pickles, Thinly Sliced

Hummus

- 2 Cups Chickpeas, Drained And Rinsed
- 2 Cloves Garlic
- 1 Lemon, Juiced
- 1/2 Cup Parsley, Packed

- 1/4 Cup Tahini
- 2 Tbsp Olive Oil
- 1 Tbsp Miso
- 1/2 Tbsp Ground Cumin
- 1/2 Tsp Cayenne Pepper
- 1/4 Tsp Black Pepper
- Sea Salt To Taste

INSTRUCTIONS

1. Wash the collard green leaves and lie them flat on a cutting board spine side up.

Carefully run your knife or a peeler over the spine and shave off as much as possible. This will make your collard wraps much easier to roll.

To make the hummus, place the garlic in a food processor and process until chopped.

Add the chickpeas, lemon juice, parsley, tahini, olive oil, miso, cumin, cayenne pepper, black pepper and salt and blend until smooth

Gently fold the tomatoes and pickles into the hummus.

To assemble the hummus collard wraps, lay the collard wraps on a flat surface.

Place the carrots and celery in the center of the wrap and top each collard wrap with ¼ cup of hummus.

Roll up the collard wraps starting at the base of the collard green and secure with kitchen twine or toothpick. Enjoy!

NOTES

Recipe Source: [OneGreenPlanet.org](https://onegreenplanet.org)

