

Collard Green Chickpea 'Tuna' Wrap Recipe

By Chef Nina Curtis, Vitaliz Café, Adventist Health

www.vitalizcafe.com

Yield: 4 wraps

Ingredients

14 oz can of organic chickpeas
1/4 cup small diced red onions
1/2 cup small diced celery (about 2 celery ribs)
2 Tablespoons capers
(option; diced cucumbers or diced pickles)
2 Tablespoons vegan mayonnaise
2 teaspoons Dijon mustard
1 Tablespoon fresh squeezed lemon juice
1 Tablespoon minced fresh dill or dry dill
Salt and pepper to taste



Optional Wrap Toppings

Grated carrots
Sliced cucumbers, avocados, or tomatoes
Lettuce greens like romaine, spinach or butter lettuce
Sliced zucchini or bell peppers
Sesame seeds, sunflower seeds or pumpkin seeds
Sprouts

Chickpea "Tuna" Instructions

Drain the can of chickpeas and rinse with water. Let drain and pat dry. Place in medium size bowl and gently mash chickpeas with a fork, leaving it chunky. Add red onions, celery, capers and toss together.

In a small bowl, mix mayonnaise, mustard, and lemon juice whisk or use a fork to mix. Add this dressing to the chickpea mixture and combine. Salt and pepper to taste. Place in refrigerator and let chill.



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Collard Green Wrap Instructions

Prep four collard greens for four servings. Shop for the largest and best, looking bunch of collard greens. Clean collard greens and pat dry.

Cut off base of collard green stem With a paring knife, cut down stem of the collard green so that it becomes more pliable and easier to roll.

[!\[\]\(99f58673407353e96a019fbca558fd72_img.jpg\) Watch Chef Nina's video to see how it's done!](#)



Prepare the ice bath before you blanch the collard greens.

Use a large bowl and fill halfway with water and add a pitcher of ice. Set aside.

Bring a large pot of water to boil. Turn off heat or remove from stove and place pot on top of a kitchen towel on your counter. Submerge each collard green leaf into the water for approximately thirty (30) seconds. Remove with tongs.

Once you remove the collard green from the pot of hot water, immediately place it in the ice bath to stop the cooking process, for approximately 10 seconds, just until cool. Place on paper towels and blot dry.

Lay your collard green wraps with the vein side of the collard green up. Spread a small amount of mayonnaise or mustard on the collard green leaf as you would on a slice of bread.

Use 5 oz of the chickpea 'tuna' mixture and spread out a little, keeping the ingredients in the center of the collard green leaf as you would if you were making a burrito. Layer the ingredient toppings that you like the best. Choose four to five toppings.

Begin to roll the collard green wrap as you would a burrito. Cut in half, place on plate, and serve. You can serve with chips and or veggie sticks. Voila! Enjoy!



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