



Ingredients

Hummus

- 1 tablespoon parsley
- 1 tablespoon fresh lemon rind
- 1 teaspoon garlic powder
- ¼ teaspoon ground black pepper
- Salt to taste
- 1 19-ounce can garbanzo beans, drained and rinsed
- 2 tablespoons tahini

Wrap

- ½ cup diced tomatoes, drained
- 8 large collard green leaves
- 1 portobello mushroom, sliced
- 2 tablespoons olive oil
- Salt to taste
- 1 red pepper
- 8 Swiss chard leaves, chopped
- 1 avocado, diced
- ¼ cup mint leaves
- Balsamic glaze (optional)

Directions

Add all hummus ingredients to food processor. Blend until smooth.

Cut thick stems off collard leaves. Cover leaves with a damp paper towel and heat in microwave until mildly softened.

Roast red pepper over gas burner until lightly charred. Slice when cooled.

Add Swiss chard to skillet with 2 tablespoons of olive oil and cook until soft. Add portobello mushroom and roasted red pepper and heat through.

Assemble wraps: lay one collard leaf flat. Spread 2 tablespoons hummus. Add chard, portobello, red pepper mixture, avocado and top with mint leaves.

Roll stuffed side over, tuck in sides of leaf and roll until wrapped.

Optional: drizzle with balsamic glaze.

Nutritional Information

4 servings

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| 222 calories | 17.9 g carb |
| 5.9 g protein | 9.2 g fiber |
| 16.6 g fat | 483 mg sodium |