

Green Burritos

Ingredients:

- 4 large collard leaves
- 1 cup cooked black beans
- 1 cup cooked brown rice
- 1 ripe avocado, peeled, pitted and chopped
- ½ cup julienned carrots
- ½ cup shredded red cabbage
- ½ cup sliced cucumbers
- ½ red bell pepper, sliced thinly
- salsa, homemade or store-bought

Instructions:

1. Place a ¼ cup serving each of the black beans and brown rice near the edge of the outer leaf portion of the collard, add a little of the colorful strips of veggies, avocado and a spoonful or two of salsa. Now roll it up toward the stem, securing with a toothpick if necessary.
2. Repeat the steps with the remaining ingredients. Cut each roll in half.
3. Serve with a side salad, raw veggie chips, or healthy side of choice.

Tip: Shave down or remove part of the stem of the collard leaf with a paring knife, for smoother rolling and better appearance. You could also lightly steam the collards to make them more palatable and less bitter. Make sure not to cook them too long. I also massage my cabbage with a pinch of salt to make it more digestible and easier to chew. Lastly, you could replace the collard leaves with Romaine lettuce leaves.

Servings: 4