



## Raw Rainbow Collard Greens Wrap

- 4 large collard leaves
- ¾ cup hummus
- 1 tomato, sliced into thin wedges
- 1 medium carrot, cut in half and sliced into thin strips
- 1 yellow bell pepper sliced into thin strips
- 2 cucumbers sliced into thin strips
- ½ cup pea sprouts
- ¼ cup red onion sliced into thin strips
- 1/8 head of cabbage, shredded
- optional:
- ½ teaspoon grated horseradish in beet juice (opt)



1. Put raw collard leaves in a plastic bag and freeze until bright green, about an hour. Run leaves briefly under cold water and lay topside down on a cutting board.
2. Use paring knife, shave down raised part of the spines so surface of collard is nice and flat.
3. Spread 3 tablespoons of hummus down the center of each leaf and distribute the rest of the vegetables evenly. Leave about an inch on each edge uncovered.
4. Sprinkle horseradish on top. Roll the collard tops and bottoms (stem side) inward, fold one of the long sides in, tucking all the filling underneath it, and continue rolling leaf from that side to the other side to get a tight wrap.
5. Slice in half with a sharp knife.

Makes: 4 servings

### Nutrition Information:

CALORIES 150 (30% from fat); FAT 4.5g (sat 0.5g); CHOLESTEROL 0mg; SODIUM 200mg; CARBOHYDRATE 24g; FIBER 7g; PROTEIN 8g; CALCIUM 10%; IRON 15%



## Brown Butter Roasted Radishes

- 4 bunches of radishes
- 1.5 tbsp unsalted butter
- squeeze of lemon juice (~1tsp)
- ½ tsp salt
- ground pepper to taste

1. Cut tops off radishes but keep. Wash well.
2. Melt butter in a small pan over medium-low heat. Keep an eye on it as it bubbles, then browns.
3. Lightly drizzle radishes with melted butter and salt.
4. Roast for about 20 minutes.
5. While radishes roast, wash radish tops very well by submerging in water completely for at least 5 minutes, then shake a few times while they're in there.
6. When radishes are done roasting, plate the radishes and dry radish greens together. Optional light drizzling of more melted butter.  
Add squeeze of lemon juice-about 1 tsp
7. Sprinkle salt and pepper, then stir to combine.



Makes: 4 servings

### Nutrition Information:

CALORIES 70 (57% from fat); FAT 4.5g (sat 3g); CHOLESTEROL 10mg; SODIUM 380mg; CARBOHYDRATE 8g; FIBER 4g; PROTEIN 2g; CALCIUM 6%; IRON 4%