

GREEN LEAFY VEGETABLE ROLL UPS



DIFFICULTY
EASY



TIME
15 MIN



SERVES
6

INGREDIENTS

- 1.5 cups leftover cooked grain such as brown rice, heated and cooled to room temperature.
- 12 each Swiss Chard or Collard Greens, the bottom ribs removed
- 1 Red Bell Pepper, cut into thin strips
- 1 cup sliced Red Cabbage
- ½ cup grated Carrot
- 1 each avocado, cut into 12 strips
- ½ sliced red onion
- ¼ cups Chopped Cilantro or Basil
- 1 cup Sprouts
- 1 cup VEBA Roasted Garlic Lemon Parsley Tahini Sauce

DIRECTIONS

1. Fill a large bowl with ½ ice and ½ water. Fill a large pot with water and bring it to a boil. Cook the chard or collard leaves for 20-30 seconds and drop into the ice water. Cool for about a minute and transfer to a baking sheet lined with a dish towel and pat dry.
2. On the bottom third of each leaf; spread 2 Tbsp of the cooked grains; leaving a little room on either side. Place a little of each vegetable on top of the grain. Roll one end upward, then tuck in the sides and continue rolling as you would if rolling a burrito or eggroll. Repeat with all of the leaves.
3. Serve with VEBA Roasted Garlic Lemon Parsley Tahini Sauce.

NUTRITION FACTS PER SERVING

Calories: 304 Fat: 8.8g (Saturated Fat: 1.5g) Carbohydrates: 50.8g Fiber: 8.4g Sugar: 4.5g Protein: 8.8g



CALIFORNIA SCHOOLS
VEBA

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