

# Smashed White Bean Collard Wrap

Serves 4



## Ingredients

- 4 large collard leaves
- 1 15-oz can white beans, rinsed and drained
- 2 tablespoons olive oil
- 1 teaspoon lemon juice
- ¼ teaspoon salt or to taste
- Black pepper to taste
- 1 large avocado, sliced
- 2-4 cups baby spinach or other leafy green, or other veggie (halved cherry tomatoes, shredded carrots, sliced cucumber, sliced bell pepper, shredded purple cabbage)

## Directions

1. Fill a large skillet with 1 inch of water heat over high heat.
2. Wash collard leaves and cut off stem. Use a paring knife to trim the thick part of the remaining spine so that it is flat with the rest of the leaf.
3. Fill a large bowl with ice water.
4. Once water is simmering, add one collard leaf and submerge for about 30 seconds. Remove and immediately plunge into ice water. Repeat with remaining collard leaves. Dry and set aside.
5. Combine beans with olive oil, lemon juice, salt and pepper. Mash with a fork until it forms a thick paste, adding more olive oil if necessary.
6. Assemble wraps by placing into rows on the collard leaves ¼ of the bean mixture, ¼ of the avocado, and veggies of choice. Wrap it up like a burrito, cutting in half if desired.

## Notes

You can use the collard wrap to replace the bread or tortilla in any of your favorite sandwiches or wraps, other than maybe PB & J!

Recipe from [Lunch - Eat Well at Work cooking class, Fall 2015](#)