

COLLARD GREENS

Collard greens are extremely nutritious. They are an excellent source of bone-building calcium. A cup of cooked collard greens contains 266 mg. of calcium. Besides calcium, they provide important minerals such as iron, copper, manganese, magnesium, selenium, and zinc. They contain very high levels of vitamin K, which plays an important role in bone health. Collards are also rich in vitamin A, vitamin C, and a good source of vitamin E. These are only a few of the many health benefits of collard greens.

Collard Green Roll-ups – Your Bread alternative (serves 2-3)

Ingredients:

6 Large fresh collard leaves

2 grated carrots, and or shredded cabbage (1 cup)

1 avocado (sliced)

pieces of cooked chicken

optional ingredients: cooked sliced mushrooms, cooked diced sweet potatoes, cooked sliced zucchini

1. Remove the center vein of the collard green
2. Steam the leaves for a few minutes
4. Dry the leaves and add your ingredients

Thai Lime Dipping Sauce for your Roll-ups

(modified from original recipe by Laura Parisi, HC)

Ingredients:

- 2 tablespoons fresh lime juice
- 1/8 cup tamari (low sodium if that's a concern)
1/8 cup water
- 1 tablespoon brown rice vinegar
- 1 tablespoon grated fresh ginger
- 1 green onion, minced
- 2 teaspoons black sesame seeds
- 1 teaspoons sesame oil

Combine all the ingredients in a small bowl and there you have it, a delicious dipping sauce for your collard green roll ups. Date the sauce as it lasts one week in the refrigerator.