

Vegan Collard Green Wraps
By Lyana Blount, Black Rican Vegan
Saturday 6/15 3:30pm

Yields 6-8 wraps

Ingredients:

6-8 large collard green leaves
Salt (for blanching water)
1 cup walnuts, soaked for 2-4 hours and drained
2 cups mushrooms, finely chopped (shiitake or cremini work well)
1 medium onion, finely chopped
2 cloves garlic, minced
½ cup diced bell peppers
1 Tablespoon soy sauce or tamari
1 teaspoon smoked paprika
½ teaspoon ground cumin
½ teaspoon chili powder
2 Tablespoons olive oil
Salt and pepper, to taste

****Optional Fillings and Toppings****

Grated carrots
Sliced red bell peppers
Fresh cilantro or parsley
Avocado slices
Lime wedges (for serving)
Your favorite hot sauce or a drizzle of tahini!

Instructions:

Prepare the Collard Greens.

Bring a large pot of water to a boil and add a pinch of salt. Trim the stems from the collard greens and blanch the leaves in the boiling water for about 30 seconds to 1 minute, until they are bright green and slightly softened. Immediately transfer them to a bowl of ice water to stop the cooking process. Drain and pat dry.

Make the Walnut and Mushroom Minced Meat:

In a food processor, pulse the soaked walnuts until coarsely ground. Heat olive oil in a skillet over medium heat. Add onions and garlic, cooking until onions are translucent. Add the mushrooms, and cook until all their moisture has evaporated and they begin to brown. Stir in the ground walnuts, soy sauce, smoked paprika, cumin, and chili powder. Cook for another 5-7 minutes, until the mixture is well combined and fragrant. Season with salt and pepper to taste.

Assemble the Wraps:

Lay each collard leaf flat on a cutting board. If the stem is still thick, shave it down with a knife to make it more pliable. Place a portion of the walnut and mushroom mixture on the bottom third of each leaf, adding any additional fillings like carrots, bell peppers, or avocado as desired. Fold the sides of the collard leaf inward, then roll up tightly from the bottom to encase the filling.

Slice each wrap in half diagonally and serve with lime wedges and optional sauces or toppings.

Tips:

Make sure to drain and pat dry the collard greens thoroughly after blanching to avoid a watery wrap. Adjust the seasoning of the minced "meat" to your taste, adding more soy sauce for umami or chili powder