



Lunch or Dinner | PEAK SEASON: Winter

Steamed Collard Green Wraps with Sautéed Greens, Crunchy Chickpeas & Beet-Dill Hummus

Recipe by: Chad Cherry

Yields: 4 servings

Prep Time: 20 minutes

Cooking Time: 25 minutes

Nutritional Info

Per Serving- 2 wraps

Calories: 230

Carbs: 20g

Fiber: 6g

Protein: 6g

Sugars: 4g

Fat: 15g

Sodium: 180mg

Ingredients

Wraps

- 8 large collard green leaves (can substitute Swiss chard or mustard greens)
- 1 tbsp olive oil
- 1 small yellow onion, thinly sliced
- 1 bell pepper (red or yellow), thinly sliced
- 2 cups chopped kale, stems removed
- Salt & black pepper, to taste
- Optional: pinch of crushed red pepper or smoked paprika

Dill & Beet Hummus

- 1 cup cooked or roasted beets, chopped
- 1 (15 oz) can chickpeas, drained and rinsed
- 2 tbsp tahini
- 1 clove garlic
- 2 tbsp fresh dill, chopped
- 2 tbsp lemon juice
- 2-4 tbsp olive oil
- Salt, to taste

Instructions

Steam the Collards

- Bring a large pot with a steamer basket to a boil. Place collard leaves in the basket, cover, and steam for 2-3 minutes, just until tender and pliable. Remove and set aside to cool. Pat dry and trim thick stems if needed so they roll easily.
- Make the Crunchy Chickpeas
- Preheat oven to 400°F. Toss chickpeas with olive oil, garlic powder, smoked paprika, and salt. Spread evenly on a baking sheet and roast for 20-25 minutes, shaking halfway through, until golden and crunchy. Set aside.

Prepare the Filling

- Heat olive oil in a skillet over medium heat. Add onions and peppers and sauté for 4-5 minutes until softened. Add kale, season with salt and pepper, and cook another 2-3 minutes until wilted but still vibrant. Remove from heat.

Blend the Beet & Dill Hummus

- In a food processor, combine beets, chickpeas, tahini, garlic, dill, lemon juice, olive oil, and salt. Blend until smooth, adding water a tablespoon at a time to reach a creamy, spreadable consistency. Adjust seasoning to taste.

Assemble the Wraps

- Lay a steamed collard leaf flat. Spread a generous spoonful of beet & dill hummus down the center. Top with the kale mixture and finish with crunchy chickpeas. Fold in the sides and roll like a wrap or burrito.
- Can be served warm or chilled on top of couscous or rice.

Additional Info

- These wraps hold well for meal prep (store components separately for best texture).
- Swap chickpeas for roasted lentils or mushrooms for variation.
- Add avocado or pickled onions for extra richness and pop.

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