

Quinoa-hummus collard green sushi rolls!

Serves 3-4

Ingredients

- 1 bunch collard greens (about 8 large leaves)
- $\frac{3}{4}$ cup homemade or store-bought hummus (about 1-2 tbsp. per leaf)
- $1\frac{1}{2}$ cups cooked quinoa (about 2-3 tbsp. per leaf)
- 1 medium avocado, sliced thin
- 1 carrot, julienned
- 1 bell pepper, julienned
- Sesame seeds (to garnish)

Directions

- 1) Lay each collard leaf, underside up, on a flat surface. Using a small, sharp knife, shave the thickest part of the stem off of each leaf for even thickness (this makes rolling up the leaves easier).
- 2) Place a steamer basket into a large pot and fill the pot with just enough water to reach the bottom of the steamer basket (just an inch or two). Bring to a boil and place the collard leaves into the steamer basket, cover, and reduce the heat to medium. Steam the leaves for 2-3 minutes, or until softened just enough to be pliable. Remove the leaves and pat dry.
- 3) Lay out one of the collard leaves flat, underside up, on a cutting board. Spread with a few tablespoons of hummus and top with a few slices of avocado, bell pepper, and carrot, and 2-3 tablespoons of quinoa. Roll up the leaf as you would a burrito, being careful not to tear it. Slice about $\frac{1}{2}$ inch thick, or to your desired thickness.
- 4) Top with sesame seeds and enjoy!

