

RAINBOW COLLARD WRAPS

WITH COCONUT RICE & PEANUT SAUCE

Coconut brown rice paired with ALL the colorful veggies makes for a fresh, quick, and nutritious meal perfect for lunch or dinner. Collard wraps also hold up well in the fridge, so don't be afraid to make them ahead of time and enjoy the next day or two. The coconut rice makes an awesome side for stir-frys or roasted meats and veggies!



Ingredients

- 6-8 collard leaves
- 2-3 carrots
- 1/2 red onion
- 1 bunch scallions
- 1-2 avocado
- 3/4 cup peanut butter
- 1 can coconut milk (1 1/2 cups)
- 1/2 teaspoon granulated garlic

From your pantry

- 1 cup brown rice
- 3 Tablespoons vinegar
- 3 Tablespoon honey or brown sugar

Equipment:

- Medium pot with lid
- Small bowl

PREPARATION: 20 MIN

COOKING: 20 MIN

READY IN: 40 MIN

MAKES 6 SERVINGS

Directions

*Read through entire recipe before getting started.
Wash and dry all produce.*

- 1. Prepare rice:** Heat 1 Tablespoon oil in large saucepan over medium heat. Add brown rice. Cook for 1-2 minutes until aromatic. Add **1 1/4 cup coconut milk** (set remaining 1/4 cup aside) and **1/2 cup water**. Mix to combine and bring to a boil; cover, reduce heat to low, and cook for 25-30 minutes until rice is tender and liquid is absorbed.
- 2. Prepare veggies:** Cut the stem/spine off the **collard leaf** trying to leave most of the leaf intact. Remove ends from **onion**, cut in half and slice thinly. Remove ends and peel **carrots** then julienne. Remove ends from **scallions** and thinly slice. Open **avocado** and remove seed; scoop flesh out and slice into strips.
- 3. Make the peanut sauce:** In a small bowl, mix **peanut butter, vinegar, honey, granulated garlic, remaining 1/4 cup coconut milk**, and a pinch of salt and pepper until incorporated. If the sauce is too thick, add water 1 Tablespoon at a time until it is smooth and creamy.
- 4. Assemble wraps:** Lay a collard leaf flat on cutting board. Spread hot coconut rice on the top half of the leaf, then arrange fillings (carrots, onions, scallions, avocado) carefully atop rice. Fold ends of the leaf in and roll from front to back like a burrito. Cut wrap in half and serve with peanut sauce. Repeat & enjoy!

Tips, Tricks, and Terms

ALL ABOUT COLLARD GREENS

America got its first real taste of dark leafy greens when Africans began growing them in America for their families in the early 1600s. Over the years, cooked greens have developed into a traditional African American food, becoming essential in Southern regional dishes and enjoyed nationwide!

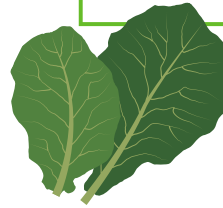
Dark green leafy vegetables are nutritional wonders—kale and spinach are rich in vitamins A, C, E and K, and broccoli, bok choy and mustard are rich in B-vitamins.

Shop for dark green leaves with little yellowing, wash *just* before enjoying, and store for up to 5 days for best freshness! Collard stems are woody near the bottom, so trim them before using!

A little about...

COCONUT RICE: Coconut rice is prepared by soaking rice in coconut milk or cooking it with coconut flakes, giving the rice a creaminess and mild sweetness.

Coconut rice is popular in many cultures around the world, as the coconut and rice plants are found in the tropical areas near the equator—from Southeast Asia to South America to East Africa and beyond!



Pearson Organics, owned and operated by Kristen Pearson, is nestled into a valley near Lake City, MN amongst the river bluffs on 100 acres of land. Pearson Organics is committed to growing vegetables without chemicals and synthetic fertilizers, utilizing practices that maximize soil health and ecological resiliency, and contributing to growing the food system and economy of Rochester and SE Minnesota in a sustainable way.

Visit pearsonorganicsfarm.com to learn more and follow: @pearson_organics



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