

## ITALIAN QUINOA WRAPS



### INGREDIENTS – Makes 6-8

6-8 large collard green leaves  
2 cups cooked quinoa  
1 ½ cups chopped ripe tomato  
½ cup rough chopped fresh basil  
1-2 cloves of garlic, chopped  
¼ tsp salt  
Pepper to taste  
2 tsp. balsamic vinegar  
¼ cup pine nuts

Add the chopped tomatoes to the food processor and pulse. You want to maintain some of the tomato's texture, so do not puree it. Next add the basil, garlic, salt, pepper, and balsamic vinegar. Pulse again to incorporate. Set the mixture aside to marinate while you prepare the other ingredients.

Wash the collard greens and dry both sides. Remove the lower stem and most of the rough bone in the middle of the leaf.

Place the quinoa in a bowl and add the tomato mixture to the quinoa. Stir to combine. Add the pine nuts and mix well.

Assemble the wraps by placing 1/3-1/2 of a cup of the filling onto the top third of the collard green leaf. Roll the leaf tightly as you would a burrito being careful to overlap the bottom portions that were separated by the removal of the rib (you don't want the filling to fall out). Repeat this step until all of the wraps have been made.

<http://veggiegrettie.com/2011/02/15/italian-quinoa-wraps/>