

# Collard Greens Wrap

## Entrée/Diabetes-Friendly



THE OHIO STATE  
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Serves: 2

**Items Needed:** 6 quart stock pot, chef's knife, cutting board, tongs, measuring cups, measuring spoons

### Ingredients:

- 2 large collard green leaves
- ½ cup cooked sweet potato
- ¼ cup onions- red, yellow, sweet
- 1 cup pulled chicken
- 3 tbsp barbecue sauce
- 1 tbsp pickled red onion (optional)
- salt and pepper to taste

### Directions:

1. Boil 4 quarts of water in a 6 quart stock pot
2. Place washed collard green leaves on a cutting board and cut off the large stems at the base. Then use a knife to thinly shave along the remaining stem at the base of the collard green to thin until pliable
3. Quickly blanch collard green leaves in boiling water for 10 seconds, remove leaves
4. Lay leaves out evenly on cutting board and pat with paper towels
5. Top collard greens 1/3 of the way from the base with ¼ cup sweet potato (steamed, microwaved or quickly cooked on the stove top) on each green
6. Add a layer of 1/8 cup of onions, fresh or sautéed
7. Mix barbecue sauce with pulled pork or chicken until well coated
8. Top with ½ cup pulled chicken
9. Create wrap by pulling the base of the leaf over the filling, just to cover it, then folding in the sides of the leaf to cover the filling, roll leaf upwards to completely wrap filling

### Nutrition Information (per 1 wrap serving):

Calories: 260 kcal Fat: 4 g Carbs: 30 g Protein: 28 g Fiber: 2 g Sodium: 580 mg