



# IRRESISTIBLE SKILLET COLLARD GREEN WRAPS

**MACROS | SERVING SIZE**  
Protein 29g | Fat 12g | Carbs 32g

**% CALORIES OF MACROS | SERVING SIZE**  
Calories 344 | Protein 33% | Fat 31% | Carbs 36%

**NUTRIENTS | SERVING SIZE**  
Fiber 6g | Sodium 1,583mg | Sat. Fat 3g

**NOTE:** Nutrition analysis is based on the use of 93 % lean ground turkey and excludes the optional ingredients. To lower the sodium content of this recipe, consider decreasing the salt used by half and also choosing a low-sodium variety of canned soup.

## INGREDIENTS (serves 4)

- |   |  |
|---|--|
| 8 large collard green leaves            | 1 egg                                  |
| 1/3 cup instant brown rice              | 2 tsp. salt                            |
| 1 lb. ground turkey or lean ground beef | 1/2 tsp. garlic powder                 |
| 1 10.75 oz. can tomato soup, condensed  | 1/4 tsp. black pepper                  |
| 1/4 cup chopped white onions            | 1 tsp. Worcestershire sauce (optional) |

## DIRECTIONS

- Begin cooking brown rice according to package directions.
- While the rice is cooking wash the collard greens in cold water. Repeat 2-3 times to assure all the dirt and grit is removed. Bring a large pot of water, with 1 tsp. of salt added, to a boil.
- While the water comes to a boil, carefully remove the large, thick stem from the bottom of each green, taking care not to tear the leaf.
- Add the greens to the water and cook for 3-4 minutes or until the greens are softened enough to be flexible to roll. Gently remove the greens and set aside on a paper lined plate to drain.
- In a medium bowl, combine the ground meat, the cooked brown rice, egg, 2 tbsp. of the tomato soup, and the spices. Mix gently until well blended.
- Divide the mixture into 8 equal portions and then place one portion on each collard green. Gently roll the leaves up in the same manner as making a burrito and then secure with a toothpick.
- Place the rolls in a large skillet and turn the heat to medium. Pour the remaining tomato soup over the top, cover and bring the mixture to a boil. Reduce the heat to low and simmer for about 35-40 minutes, stirring and basting with the liquid frequently.

## DIETITIAN TIP

Aim for at least 5 servings of fruits and vegetables per day while varying the color of choices.

## NUTRITION EDUCATION

Our current food guidance system graphic, MyPlate, promotes filling your plate with half fruits and vegetables for most meals. This recommendation could be viewed as experts promoting a diet comprising at least half produce.

Along with being lower in calories than other food groups, fruits and vegetables provide fiber and countless nutrients and micronutrients. We all know that produce provides antioxidants that help combat free radicals in the body that lead to inflammation. Studies show that chronic inflammation is a key causative factor in numerous health conditions, both acute and chronic.

Based on MyPlate, vegetables are organized into five subgroups based on their nutrients: dark green, red and orange, beans, peas and lentils, starchy, and other vegetables. The recommendation is to eat a variety of vegetables per day from each subgroup to better ensure that one is consuming all of the needed nutrients.

According to a recent study conducted by Harvard Medical School, the best combination of vegetables and fruits among those included in the study was three servings of vegetables and two servings of fruit, for a total of five servings of produce per day. In this study, the most prominent benefits were seen in the participants who consumed green leafy vegetables and fruits and vegetables rich in beta carotene and vitamin C (berries, citrus fruits, and carrots). These foods are the primary source of antioxidants, also known to have cancer-prevention qualities.

Focusing on the green leafy vegetable subgroup, the darker the green, the better. Further, amongst the vegetable groups, these tend to be the lowest in calories and provide a greater degree of bulk in the diet. This, along with the fiber, may assist with feeling full longer and with weight goals.

Another newly discovered benefit of dark leafy greens is that they are a good source of an unknown nutrient, choline, which has been shown to impact well-being. Due to its role in metabolism and precursor to a critical neurotransmitter, it assists with sleep, memory, and mood. Stated differently, who knew that eating adequate greens could make you happier? Collard greens are a great source of choline.

The recommended intake level for adults for leafy greens is 1 1/2 to 2 cups per week. Try this recipe and be on your way to meeting the recommendation.

