

Cooking with Amanda

Tempeh Collard Wraps

Ingredients

1 bunch collard greens – choose as large leaves as you can find

1½ cups tempeh, thinly sliced and cut into ½” pieces

½ cup red onion, diced

1/3 cup green pepper, diced

1 potato, chopped into ½” cubes (Yukon or red potatoes work best)

½ cup carrot, shredded

¼ tsp garlic powder

1 tsp salt

½ tsp rosemary

1 tsp yellow mustard powder

½ tsp ground black pepper

Spray canola oil

Wash and remove stems from the collard greens, to make circular wraps. Steam them in a large lidded pan with a little water for 2 minutes to soften them. Remove from heat, rinse with cool water, and set aside.

Bring a small saucepan of water to the boil and boil the potato cubes for about 10 minutes until cooked. Drain and cool. Set aside.

Heat a large skillet or wok. Spray with oil and add the tempeh cubes, onion, and all the spices. Toss vigorously and cook for 2 mins. Add green pepper and continue to sauté for 5 more mins, then add the cooked potatoes and sauté 5 more mins. Cool the mixture and stir in the shredded carrot.

Lay out each collard leaf and place a small amount of the mixture in the middle. Fold the sides over the mixture, then roll or wrap like a burrito. Place each rolled leaf into a serving bowl. Continue until you run out of leaves or mixture!

These wraps can be eaten as a snack or meal by themselves, or served with other vegetables or salads.