

Collard Greens make for GREAT wrap sandwiches. They don't break apart and are very nutritious.



Ingredients:

Collard Greens leaves
Meat (fresh - no nitrates or preservatives),
Slice of cheese
Sliced tomatoes
Honey Mustard or spicy mustard of your choice

OR make a taco with fish and cabbage.

OR refried beans (make you own - pinto beans - rinsed - 1/4 - 1/2 tsp of coconut oil, water to consistency and salt. Cook to boiling and beans become soft and mash till creamy) Add a little sour cream (1/4-1/2 tsp) grated cheese, picante' sauce - roll up and you have a healthy taco.

OR chicken salad made with fresh chicken, (shredded), sliced celery, onions, collard green stalk, cranberries (crushed), hummus or honey mustard. YUMMY!