

MAKE A GREAT PLATE.

Homemade and healthy – these rolls are chock-full of flavor and color

Rainbow Vegetable Rolls with Peanut Dipping Sauce

INGREDIENTS

¼ cup creamy peanut butter

1 tbsp soy sauce or tamari

½ tbsp honey

1 tbsp fresh lime juice

1 bunch collard greens

2 bell peppers (yellow and red), thinly sliced

2 carrots, julienned

1 cup purple cabbage, shredded

1 ripe avocado, pitted, peeled and sliced (optional)



DIRECTIONS

Dipping sauce: Stir together peanut butter, soy sauce, honey and lime juice. **Thin** with 1-2 tsp of water if too thick.

Transfer to small serving bowl. **Create vegetable rolls:** Lay collard leaves on plate. Layer peppers, carrots, cabbage and avocado (if using) inside leaves and roll tightly. **Place** seam-side down on platter and serve with bowl of dipping sauce. **Note:** If collards are very thick, steam for three minutes and let cool before rolling.

Makes 4 servings. Each: 158 calories • 7g protein • 8g total fat • 17g carb • 8g sugar • 5g fiber • 335mg sodium