



# Chickpea salad & collards

BY RACHELE MCCLUSKEY  
OF THE FOODWISE KITCHEN

## GATHER THESE THINGS:

- 2 CUPS COOKED CHICKPEAS
- 1.5 TEASPOONS CURRY POWDER
- 1/2 TEASPOON PINK SALT
- 2 GRATED CARROTS
- 1/4 CUP MAYO OF CHOICE
- 1/4 CUP DICED CELERY
- 1/4 CUP MINCED FRESH PARSLEY
- 1/4 CUP DICED RED ONION
- JUICE FROM 1/2 LEMON
- 5-6 WHOLE COLLARD LEAVES

## DIRECTIONS:

1. USING A FOOD PROCESSOR PULSE CHICKPEAS, CURRY, SALT, MAYO AND LEMON CREATING A TEXTURE CHUNKIER THAN HUMMUS. THAT HOLDS TOGETHER
  2. MOVING THE MIXTURE INTO A BOWL ADD IN YOUR CELERY, PARSLEY AND RED ONION AND MIX TOGETHER
  3. BRING A LARGE POT OF WATER TO A BOIL TO BLANCH COLLARDS. DROPPING A COUPLE LEAVES AT A TIME UNTIL THEY ARE VIBRANT. MAYBE 20 SECONDS
  4. PLACING THE BLANCHED LEAF ON A CUTTING BOARD, CUT THE END OF THE STEM OFF. USING A ROLLING PIN CAREFULLY ROLL OUT THE REMAINING STEM SO IT CAN BE USED AS A WRAP.
  5. DEPENDING ON YOUR LEAF SIZE USE ABOUT 1/4 CUP GRATED CARROT IN THE CENTER OF THE LEAF AND 1/2 CUP CHICKPEA MIXTURE ON TOP. FOLD IN THE SIDES FIRST TO ROLL, KEEPING TIGHT. CUT AT AN ANGLE TO SERVE
- GET CREATIVE! USE OTHER GRATED OR SLICED VEGGIES. THE WRAPS ARE ALSO GREAT FOR SO MANY SAVORY FILLING OPTIONS!