

Recipe

Lunch: Black bean collard burrito (Swap for carnitas burrito)

Makes 1 serving | Prep: 5 minutes | Cook: 20 minutes



Ingredients

- 2 large collard greens leaves
- ½ cup canned low-sodium vegetarian refried beans, warmed
- ½ cup cooked brown rice, warmed
- 2 Tbsp salsa
- ½ avocado, sliced

Preparation

Wash collard greens leaves well, and trim off thick stems. Lay flat. With a fork, mash the center vein to make it more pliable. Put beans, rice, salsa and avocado on leaves and roll like a burrito.

Veggie boost: Use an unlimited amount of non-starchy vegetables.

Flavor boost: Add a squeeze of lime or diced jalapeno peppers.

Nutrition information per serving



Calories: 420 | Total fat: 17 g | Saturated fat: 2 g | Sodium: 347 mg | Cholesterol: 0 mg
Total carbs: 58 g | Fiber: 16 g | Sugars: 3 g | Protein: 13 g | Potassium: 584 mg

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