



*Spin Your Own Axis*

## *Collard Green Wrap*

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Standing in front of the produce section, puzzled and stressed because you want to try new veggies but don't how to cook them. Here is a **tasty.balanced.fast** recipe making collard green the protagonist to your dish.

Collard greens ranked as one of the most nutritious foods in the world and considered a **super food** packed with vitamins, minerals, and fiber that in turn are catalyst for health benefits.



One of the most important components of collard green, and other cruciferous veggies, is glutathione. Glutathione is a tri-peptide which means it consists of three key amino acids that play several important roles in the body. It helps detox the liver, fights cancer, prevents the body from environmental toxins and detoxifies fat.

- **Prep Time:** 10 minutes
- **Cook Time:** 35 minutes
- **Total Time:** 45 minutes
- **Serving:** 5

## Ingredients

- 4oz. chicken breast (Total of 20 oz. for 5 servings)
- 1 tablespoon olive oil
- 1 teaspoon Garlic powder
- 1 teaspoon paprika powder
- 1 teaspoon oregano
- 1teaspoon thyme
- 1 teaspoon salt
- 1 lime
- 1 collard green leaf
- 30g Avocado
- 10g Dried cranberries
- 10g red onion
- 30g NF Greek yogurt
- Tint of cilantro
- 150g chicken broth for rice (optional)
- 60 g Rice ( Total of 300g for 5 servings)
- Chicken stock
- Tooth pick

## Instructions

1. Marinate chicken breast with garlic, paprika, oregano and lime.
2. Prepare and weigh the white rice, then rinse.
3. Preheat pan, add 2 tbsp. of olive oil with 1teaspoon of salt, oregano and thyme, then add white rice and mix well to absorb the seasoning before adding water and chicken broth.
4. Add water and chicken broth. A trick to adding water or liquid is always double in grams or ounces (depending on which weigh conversion you used initially) For example, 300g of white rice will need 600g of water or liquid. Let it cook in high until boiling, and then reduce to low for remainder of cooking time after you reduce to low add mushrooms to cook together.
5. Preheat oven stove grill for chicken breast, add 2 tbsp. of olive oil. Cook each side fully.
6. While rice is cooking on its own and chicken is on the grill begin to chop your ingredients, cilantro, onions, and avocado.
7. Once chicken is fully cooked you will chop it like chipotle style.
8. Get your collard leaf ready and place it flat on surface, begin by adding ingredients in a row.

9. First in this order preferably, chicken, cranberries, cilantro, onions, avocado and then NF Greek yogurt.
10. Once all ingredients are on the collard green begin to wrap it up as one whole burrito using tooth picks to hold any open area to help keep ingredients inside. Cut in half and serve with rice.
11. & that's it guys! Enjoy, savor and share your dishes by tagging us on Instagram or Snapchat using #spinyourownaxis #kitchenitwithscar hashtags!

### **Nutrition Facts**

- **Serving Size:** 1/5
  - **Carbohydrates:** 61g
  - **Fat:** 8g
  - **Protein:** 32g
  - **Fiber:** 7g
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| <b>Calories:</b> 442 |
| <b>Sodium:</b> 415mg |
| <b>Sugar:</b> 7g     |
| <b>Iron:</b> 3%      |