

# Collard Wraps with Spearmint and Lemon Balm

## Ingredients

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1 ½ cups brown rice  
½ cup hato mugi (aka Job's tears or Chinese barley)  
8 medium collard greens  
1 cup celery, finely diced  
1 cup red pepper, finely diced  
¾ cup walnuts, finely diced  
½ cup scallions, thinly sliced  
½ cup fresh spearmint leaves, minced  
½ cup fresh lemon balm leaves, minced  
optional: juice of 1/2 lemon if not using lemon balm  
½ teaspoon sea salt  
¼ teaspoon black pepper  
¼ teaspoon cayenne pepper

## Method

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1. Add brown rice and hato mugi to 4 cups boiling water in saucepan with lid. Once water returns to a boil, turn it down to low simmer. Cook, covered, for 45 minutes with no need to stir pot during this time. Most of the water will be reabsorbed but if rice and hato mugi are tender and some water remains, strain it off. Let the grains cool.
2. Prepare vegetables, herbs and walnuts and mix in bowl. Combine with cooled grains. Add salt, pepper and cayenne. Taste and adjust for salt and heat.
3. Bring about 4 cups of water to boil in a large soup pot. While waiting for the boil, trim the thick part of the collard leaf midstem off with a sharp knife so the leaf is more pliable when making the wrap. Lay a collard leaf gently into the steaming water for 1 minute to soften it. Use tongs to pick up collard leaf and place it in bath of cold water for about 1 minute to cool it quickly. Place each cooled leaf onto a plate.
4. Carefully pick up a cooled leaf and place it onto a cutting board or plate. Add about 1/2

heaping cup of filling (less if smaller leaf) into center of leaf. Fold one long side over the filling, fold in the two short ends and continue to roll to finish the wrap. Continue for rest of leaves.

5. Serve wraps at room temperature or, if its a hot day or you prefer chilled food, chill in the refrigerator for 30 minutes or longer.

#### Modifications:

Use all brown rice instead of rice/hato mugi mix or mix brown rice and wild rice (technically the seed of a marsh grass, not a grain).

Use double the amount of spearmint if lemon balm not available or substitute juice of 1/2 lemon for the lemon balm. Do a taste test for acidity. Powdered sumac would also be a delicious and tart addition for those that like sourness.

Use another nut such as hazelnuts/filberts or almonds.

For a main dish meal, add cooked beans such as garbanzos or edamame (green soybeans).

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**Source: Mary Scott (Servings: 4 | Yield: about 8 wraps from medium collards)**

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