

Chef Kathryn's Savory Stuffed Collard Green's

Makes 12 rolls

- 1 head of organic collard greens
- 1 cup uncooked yellow split peas
- 2 $\frac{1}{2}$ cups water
- $\frac{1}{2}$ cup uncooked pearled barley or brown rice, cook in 1 cup water
- 2 grated carrots and zucchini with skin (organic only)
- 1 stalk celery
- $\frac{1}{2}$ med. Spanish onion, chopped small
- $\frac{1}{2}$ inch piece fresh ginger minced
- 4 garlic cloves, minced, 3 scallions white & green pt, chopped
- 2 t. tamari (wheat-free soy sauce)
- Spices: Salt & pepper to taste
- 1 t. powder ginger, curry, fennel, coriander, marjoram
- $\frac{1}{2}$ cup currants
- $\frac{1}{4}$ piece kombu seaweed
- 1, 26oz. can or box chopped tomatoes
- 1 paper container of organic low sodium veggie broth
- 2 T. olive oil, or $\frac{1}{4}$ broth for sautéing

Procedure:

Cook barley or rice separately, set aside. Add pinch of sea salt
Prep all veggies. For collards, take out vein, and blanch one min., lay flat, dry
Sauté onions until golden, add garlic, ginger, scallions, stir 2 mins, add spices
Add washed yellow peas and kombu, & water, currants and cook on a soft boil
for 40 mins, or until peas open up, and water is absorbed. Taste for spices
and adjust. Add tomatoes, cook on soft boil for 8 mins., add carrots, celery,
zucchini, stir.
Prepare a long baking dish with oil spray on bottom. Add $\frac{1}{2}$ veggie broth
Roll collards with yellow pea mixture, bake 20 mins on 350 degrees covered.

Cooks Notes: Spice mix is important here, may need pinch of curry at end.
Optional: chopped figs, instead of currants, can use sauce of choice on top
This can be a totally fat-free recipe, use broth for sautéing

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