

WILDFIT ROADSIDE WRAPS

PREP TIME 25 mins	COOK TIME 5 mins	TOTAL TIME 30 mins	SERVES 4
--------------------------	-------------------------	---------------------------	-----------------

Author: [Ariel Richards](#)

SEASON: Spring, Summer, Fall

WEEKS: 1-13 & Living Wildfit



INGREDIENTS & EQUIPMENT

Savoury Spinach Spread:

1 Tbsp coconut oil
6 cups fresh spinach leaves, stemmed.
1/2 cup walnuts, chopped
4 finely chopped green onions
1 bunch of dill, finely chopped
4 garlic cloves, finely chopped
1/4 teaspoon each Himalayan salt and black pepper

For Wraps:

8 collard leaves, stemmed*
4 hard boiled eggs**
1 Tbsp extra virgin olive oil.
2 tsp fresh lemon juice
8 pieces of bacon
Long sticks of crunchy veg like red cabbage, carrots, daikon radish, green beans, cucumber
2 cups of micro greens or sprouts

**If you find collards too chewy, use butter lettuce leaves instead*

*** If you are not a fan of egg salad, substitute chopped chicken or tuna. If vegan, use 1 cup mashed, cooked edamame beans.*

PREPARATION

For Spread:

Wash all veg well and chop finely. Heat a saucepan and add coconut oil. Stir in green onions, garlic, spinach, dill. Sprinkle salt and pepper. Cook lightly, 5 minutes or so, until spinach is wilted. If veg juice collects in the pan, pour it off into a small bowl and whip together with lemon juice and olive oil. Let spinach mixture cool slightly.

For Wraps:

Hard boil the eggs, allow to cool. Mash with a fork and the veg juice mixture. Set aside. Cut bacon into pieces and cook bacon to desired crispness, Set aside. Wash and dry veggies, grate or use a mandolin to get long, fine strands. Set aside. Lay collard leaf face down on cutting board. Shave the raised stem down with a paring knife if necessary. Repeat with all leaves. Spread 1/4 cup of spinach spread near the top/middle of each leaf, add 2 Tbsp egg mixture, crumbled bacon, and fill each leaf with the remaining veggies, splitting each amount between the leaves evenly. Wrap as you would a burrito- folding the top lip over the filling, sides in, and roll towards bottom. Store wraps in individual parchment, layered in a storage container and keep cool until ready to serve.