

# A True Veggie Wrap

Serves 4

## Ingredients

4 Collar or Chard Leaves  
1 cup of chopped broccoli  
1 cup mushroom slices  
1 red pepper sliced into strips  
1 onion sliced  
1 cup of red cabbage  
1 cup shredded low fat sharp or Swiss cheese (optional)  
Salt and pepper to taste

## Preparation

Steam all veggies until soft  
Equally distribute and layer broccoli, mushrooms, red pepper, onion and cabbage into each leaf  
Sprinkle with cheese, salt and pepper  
Roll leaf so everything stays in place



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