



Super-Salad Wraps **By Lola Bloom of DC City Blossoms)**

These will make you so strong and healthy! If you feel nervous about eating a dark green salad like this just by itself, the tortillas might help you feel better about taking the first bite.

Ingredients:

10 leaves kale or swiss chard
1/2 of a lemon
1/2 teapoon salt
2 teaspoons olive oil
5 chive leaves
1 carrot
1/2 of an avocado
6 tortillas

Tools:

bowl
knife
ziplock bags (optional)
grater
spoon

Steps:

- 1) Tear kale/swiss chard into bite-sized pieces, removing stems.
- 2) Squeeze lemon juice onto greens and add salt and olive oil.
- 3) Massage lemon juice, salt and oil into leaves with your hands until they're soft and tender. Make sure you wash your hands well before-hand, or you can put the ingredients in a big ziplock bag and massage them on the outside of the bag.
- 4) Tear chives into tiny pieces and add to greens.
- 5) Grate carrot and add to greens.
- 6) Cut open avocado and cut up flesh into small cubes; add to salad.
- 7) Mix well!
- 8) Cut tortillas into triangles, scoop a little bit of super salad onto each one, roll it up and eat it!