

Detox Green Rolls

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Chilled, these beauties make a refreshing snack. You'll find yourself whipping them up whether you are cleansing or not! Prep tip: After detox, add some good fats with a strip of avocado in each roll.

Recipe Yield: 6 servings

Recipe Ingredient Details:

12 long, thin carrot spears (1 carrot, peeled)

12 medium leaves Chinese (Napa) cabbage (14 ounces) (rinsed and left whole)

12 medium leaves collard greens (14 ounces) (rinsed, stems removed)

1 bunch watercress (rinsed, stems trimmed)

Cayenne pepper (to taste)

Zest from 1 lemon

DRESSING

2 tablespoons flaxseed oil

2 tablespoons fresh lemon juice

Sea salt and cracked black pepper

2 teaspoons hempseeds, chia seeds or ground flaxseeds

Recipe Instructions: Bring a pot of water to boil and separately blanch each vegetable in the order listed. Cook each until just tender (carrots, 1 minute; cabbage and collards, 30 seconds; watercress, 10 seconds); remove with tongs. Immediately plunge each into ice water to stop cooking. Drain well. To assemble rolls, place 2–3 collard leaves on a bamboo sushi mat or tea towel. Top with 2–3 cabbage leaves. Then place a thick strip of watercress and 2 carrot spears on cabbage, closest to you. Sprinkle with cayenne pepper and lemon zest. Roll, jelly-roll style, using the mat or towel as a guide. When completely rolled, squeeze gently to expel excess water and to seal the roll. Lay on a dry cutting board and slice crosswise into 1-inch-thick rounds; arrange on a serving platter. Whisk together dressing, adjusting salt and pepper to taste. To eat, dip each roll in sauce and seeds.

Recipe Additional Notes:

PER SERVING: 82 cal, 55% fat cal, 6g fat, 1g sat fat, 0mg chol, 3g protein, 7g carb, 4g fiber, 71mg sodium

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