



Makes 12 wraps
Preparation Time: 30 minutes

INGREDIENTS:

1 cup chopped celery
1 cup chopped onion
6 cloves garlic, minced
½ cup low-sodium vegetable broth
1 12-oz. package fresh cauliflower rice
2 cups cooked brown rice
2 15-oz. cans no-salt-added cannellini beans, rinsed and drained (3 cups)
2 tablespoons nutritional yeast
2 tablespoons apple cider vinegar
2 teaspoons hot sauce
1 teaspoon pure maple syrup
½ teaspoon cayenne pepper
3 Swiss chard leaves, center stalks removed, each leaf divided into four pieces
½ cup shredded carrot
¼ cup sliced scallions

Swiss Chard Wraps with Buffalo Cauliflower Rice

Skip the bread and serve this satisfying filling in colorful Swiss chard leaves—you get all the flavor, with the bonus of an extra helping of greens! Fresh riced **cauliflower**, chewy brown rice, and cannellini beans soak up the flavor of a creamy homemade buffalo sauce. A tasty combo of cheesy nutritional yeast, tart apple cider vinegar, and maple syrup adds tantalizing **kid-friendly** flavor. Add hot sauce and cayenne pepper if you like things more spicy. Serve as a lunch or light meal garnished with chopped celery, shredded carrot, and sliced scallions.

Tip: To make this gluten-free, use gluten-free hot sauce.

For more inspiration, check out these tasty ideas:

- [Lebanese Lentil Burgers in Cabbage Pockets](#)
- [Taco Lettuce Wraps with Melon Salsa](#)
- [Jambalaya-Style Collard Wraps](#)
- [Za'atar-Spiced Sweet Potato Lettuce Cups](#)

By Nancy Macklin, RDN

- 1 In a large saucepan cook ½ cup of the celery, the onion, and garlic over medium 3 minutes, stirring occasionally and adding broth, 1 to 2 tablespoons at a time, as needed to prevent sticking. Add cauliflower rice; cook 5 minutes or until just tender, adding additional broth if needed.
- 2 Add the remaining broth and the next seven ingredients (through cayenne pepper). Cover and simmer 5 minutes.
- 3 Spoon rice mixture into chard leaves. Top with the remaining celery, the carrot, and scallions.