

# How to Make Collard Green Wraps Video Transcript

With Trini Kaopuiki and Mama T

Trini: It is time for our Healthy and Delicious segment with Down to Earth...

Now you are going to love this first recipe...

It's perfect for any time of day, or....

To take to a party...

We are here in the community room at Down to Earth...

On King Street...

I'm here with Mama T...

And I see some delicious wraps today...

That looks like a perfect lunch dish, or pupu item.

Mama T: Absolutely... a lunch or a pupu would be perfect...

They're super easy...

I'm going to show you how delicious they are as well...

Trini: Does it have a name? What do you call these...

Mama T: I call them "collared wraps"...

And I don't know... they have an herb nut cheese in them...

So they're very surprisingly delicious...

People love the macadamia and cashew cheese...

So we're going to put that right into our food processor...

Trini: Alright...

Mama T: And we're going to have you put the herbs in...

We're using a fresh dill and a fresh basil...

00:00:52.520 --> 00:00:55.600

We're going to put one garlic clove in there...

And Trini... you can squeeze the lemon in...

Just the juice of half a lemon...

Trini: Alright...

Mama T: We're going to put a little bit of water just to help the...

Trini: Wooo-hoooooooooo!

[Laughter]

There's a party in here...

Mama T: We warn people about the splash zone in our cooking classes...

[Laughter]

Alright... we're going to put a little bit of salt and pepper...

And this is going to be delicious...

I like to keep this in my refrigerator...

At all times just for a little quick snack...

Roll it up...

And we're going to put that on...

[Blending Sound]

And let it go...

We're need to put some of this...

We need one of these Trini...

We want to make sure we work the sides...

So that any of this...

Trini: Mmmm... smells good.

Mama T: I know... it's that fresh dill...

Trini: Isn't this a wonderful invention...

[Laughter]

Mama T: If you use them...

And it doesn't stay in the box...

[Laughter]

Alrighty... so now we're almost done there...

You want to make sure it's completely combined...

And then we're going to put...

Let's see... a little bit more Trini... I think...

You want it to get a little bit creamy...

You don't want it to stay chunky like that...

Trini: Ok...

Oh... let me see... right there you go...

[Blending Sound]

Ok...now...

We're going to...

Put this... onto our wrap... our collared wrap...

So what we did...

We just took a full collared leaf...

And we are going to cut it along the rib...

Put it right in the middle here...

And then you can put whatever you want inside...

I like to put a little bit of carrots...

A cucumber...

And then we're going to roll it up like a little burrito...

Trini: Look how fun this is!

Mama T: I know... they're delicious!

Really... take a little bite.

Trini: Yeah... try it...

Mama T: You can find this recipe at [DowntoEarth.org](http://DowntoEarth.org)...

And you'll also have the link at Living 808...

And come see us at some of our cooking classes...

We offer free cooking class the first Tuesday in Kailua...

And also here in Honolulu...

For Saturday...

Isn't it delicious?

Trini: So good! I love it.

Mama T... thank you so much...

Mama T: Thank you for coming...

Aloha... see you soon...

I could tell you really like that...

Trini: You know... I really did.

It's so refreshing...

And it's great to have at home...

But also if you go to parties and bring a nice platter...

Taizo Braden: Yeah...

Trini: People are going to think you bought it from the store...

But you made it yourself...

It really is good...

And it's so visual... it's so colored and nice...

Taizo: I really like that... that's cool...

Trini: Oh... yum. It's delicious...

Alright... coming up on Living 808...

Check out the recipe on the Down to Earth website:

<https://www.downtoearth.org/recipes/appetizers-and-sides/green-wraps-herb-and-nut-cheeze> .