



Recipes

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International Quinoa Cone

Prep Time: 15 Minutes

Cooking Time: 1 Minutes

Serves 1

Ingredients:

4 oz. Prepared Quinoa (see Related Recipe)
1 oz. Avocado Oil
2 oz. Diced Tomatoes
1 oz. Grated Carrot
.5 oz. Key Lime Juice
.1 oz. Lemon Zest
1.5 tsp. Fresh Ginger
.1 oz. Chopped Italian Parsley
Salt and Pepper to taste
.75 oz. Fresh Spinach
1 Mission® 12" Spinach Herb Wrap (10251)

Directions:

1. Combine the quinoa, avocado oil, tomatoes, carrots, key lime juice, lemon zest, fresh ginger, parsley, salt and pepper. Toss to combine.
2. Heat the Mission® Spinach Herb Wrap on a flat grill.
3. Place the spinach along the center of the wrap.
Spoon the quinoa salad on top of the spinach. Roll into a burrito.

Quinoa

Cooking Time: 15 Minutes

Serves 1

Ingredients:

1/2 cup Water
1/4 cup Quinoa
1/6 tsp. Salt

Directions:

1. Pour the water in a stock pot. Bring to a boil. Add the quinoa and the salt.
2. Bring to a boil. Reduce heat and bring to a simmer.