



Recipes

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Chopped Veggie Nicoise Tacos

Prep Time: 15 Minutes

Cooking Time: 1 Minutes

Serves 1

Ingredients:

3 each 6" Whole Wheat Tortillas (10462)
6 tsp. Tsasiki Sauce (commercially available)
6 oz. vol. Romaine Lettuce , shredded
4 oz. vol. Carrots , shredded
1 1/2 oz. vol. Pickled Red Onions , see related recipe
6 oz. vol. Green Bean and Kalamata Tomato Salsa ,
See related recipe
1 1/2 oz. vol. Hard Boiled Eggs , diced

Directions:

1. Heat whole wheat tortillas and brush 1 Tbsp. of Tsasiki on each tortilla. Place on plate.
2. Fill each taco with shredded lettuce, carrots, pickled onions, salsa and hard boiled eggs. Serve immediately.

Pickled Red Onions

Prep Time: 10 Minutes

Serves 1

Ingredients:

1 Red Onion , peeled and thinly sliced on mandolin
1/3 cup Rice Wine Vinegar
1/3 cup Granulated Sugar

Directions:

1. Whisk rice wine vinegar and sugar together in stainless bowl until sugar is dissolved.
 2. Add red onions and refrigerate at least one hour to allow flavors to develop.
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Green Bean and Kalamata Tomato Salsa

Serves 1

Ingredients:

2 cups Green Beans , blanched and chopped
2 1/2 cups Cherry Tomatoes , quartered
1 cup Kalamata Olives , sliced
2 tsp. Lemon Zest
2 Tbsp. Fresh Parsley , chopped
1 Tbsp. Capers , drained
1/2 tsp. Fresh Garlic , minced
1 Tbsp. Red Jalapenos , minced
1 1/2 oz. vol. Olive Oil
1 oz. vol. Lemon Juice
1/2 tsp. Kosher Salt

Directions:

1. Fold ingredients together in a mixing bowl.
2. Place in a storage container and hold refrigerated until ready for use.