



Recipes

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Primavera Tacos

Prep Time: 30 Minutes

Cooking Time: 5 Minutes

Serves 2

Ingredients:

3 each 6" Heat Pressed Flour Tortillas (10400)

1.5 oz. vol. Parmesan Cheese , shredded

3 oz. vol. Marinara Sauce , prepared

Summer Vegetable Salsa , see related recipe

9 each Zucchini , 4" baton sliced

16 oz. vol. Parmesan Breading , see related recipe

Egg Batter , to dip

1 oz. vol. Mozzarella Cheese , shredded

1/2 oz. vol. Basil Chiffonade

Directions:

1. Dredge zucchini batons in parmesan breading. Shake off excess flour and dip in egg batter. Place zucchini batons back in parmesan breading and coat all sides of zucchini, shaking off excess breading.
2. Place in 350F fryer for approximately 1-2 minutes or until golden brown. Remove from fryer and drain. Hold warm.
3. Spread ½ oz. of shredded parmesan cheese into small disc shape on a flattop or griddle pan set over medium heat.
4. Top each portion of cheese with one tortilla. Cook for approximately 15-20 seconds or until cheese begins to look almost a light golden brown.
5. Flip cheese right side up with tortilla and heat other side.
6. Remove from flattop and place on worksurface.
7. Ladle ½ Tbsp. of marinara in the center of each taco.
8. Fill each taco with fresh summer vegetable salsa, 3 zucchini sticks, shredded mozzarella cheese and basil chiffonade.



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Parmesan Breading

Serves 1

Ingredients:

8 oz. vol. Seasoned Flour , see related recipe
2 oz. vol. Parmesan Cheese , grated
1 Tbsp. Parsley Flakes

Directions:

1. Toss all ingredients together in a mixing bowl.
2. Hold at room temperature in airtight container for primavera tacos.

Fresh Summer Vegetable Salsa

Serves 1

Ingredients:

2 oz. vol. Olive Oil
1 Tbsp. Fresh Garlic , minced
1 Tbsp. Fresh Thyme
3/4 cup Fresh Parsley Leaves
1 tsp. Lemon Zest
2 oz. vol. Fresh Lemon Juice
1 tsp. Kosher Salt
1 tsp. Crushed Red Pepper Flakes
12 oz. vol. Fresh Eggplant , small diced
12 oz. vol. yellow Squash , small diced
6 oz. vol. Shitake Mushrooms , stem removed and thinly sliced
8 oz. vol. Red Bell Peppers , small diced
12 oz. vol. White Onions , small diced

Directions:

1. Place 1st 8 ingredients together in a food processor or blender and blend until emulsified.
2. Place all vegetables together in a mixing bowl and toss with half of dressing.
3. Heat large sauté pan over medium high heat and sauté vegetables until just softened.
4. Remove from heat and cool completely.
5. Toss with remaining dressing and place in a storage container.
6. Label, Date and Refrigerate.