



## Recipes

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# Greek Farro Salad Wrap

Prep Time: 5 Minutes

Serves 12

### Ingredients:

12 each 8" Smart Hearty Grains Tortilla (47087)  
1 qt. Farro , cooked  
4 oz. Cherry Tomatoes , roasted  
4 oz. Zucchini , roasted, diced  
1 oz. Red Onion , sliced  
2 Tbsp. Basil , chiffonade  
1 Tbsp. Oregano , fresh, chopped  
1/4 cup Feta , crumbles  
1 each Lemon , zest  
Salt , as needed  
Pepper , as needed  
12 oz. Tzatziki Sauce, see related recipe  
Arugula , fresh, as needed

### Directions:

1. To prepare the farro salad, add farro, cherry tomatoes, zucchini, red onion, basil, oregano, feta crumbles, and lemon zest into a mixing bowl. Mix until combined.
  2. Season with salt and pepper to taste and reserve cold for service.
  3. To prepare one wrap, add 1/2 cup of the farro salad mixture to the tortilla, 1 oz. Tzatziki Sauce and a three-finger pinch of arugula greens. Roll filled tortilla into a wrap.
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### Tzatziki Sauce

Prep Time: 5 Minutes

Serves 1

#### Ingredients:

1 oz. Greek Yogurt  
1/8 oz. Cucumber , grated, squeezed of excess liquid  
1/8 tsp. Dill , fresh, shopped  
1/4 tsp. Lemon Juice  
1/8 tsp. Mint , fresh, chopped  
Salt , as needed  
1/8 tsp. Sugar

#### Directions:

1. In a mixing bowl, add all ingredients. Stir until combined.
2. Reserve cold for service.