



Recipes

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Feeling-Better Lentil Salad Tortilla Bowl

Prep Time: 10 Minutes

Cooking Time: 10 Minutes

Serves 1

Ingredients:

- 1 each 10" Fry-Ready Tortilla (37183)
- 1.5 oz. Chopped Kale
- 2.5 oz. Red Split Lentils, cooked
- 1 oz. Almonds , chopped
- .7 oz. Kalamata Olives, sliced
- .7 oz. Castelvetrano Olives , sliced
- 1 oz. Golden Raisins
- 1 oz. Feta Cheese Chunks
- .5 oz. Scallions , thinly sliced
- .2 oz. Parsley , rough chopped
- 1.5 oz. Sesame-Lemon Vinaigrette, see related recipe

Directions:

1. Pre-heat deep fryer to 350F
2. In a large bowl, add all the salad ingredients, including the vinaigrette, and toss together
3. Using a ladle or tortilla fry mold, press the tortilla into the hot oil and fry until bubbles cease and a golden crunchy texture has been achieved
4. Place tortilla bowl on a plate and fill with salad and serve





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Sesame-Lemon Vinaigrette

Serves 1

Ingredients:

- 4 oz. Lemon Juice
- .8 oz. Dijon Mustard
- 1 oz. Honey
- 1 oz. Extra Virgin Olive Oil
- .5 oz. Pure Sesame Seed Oil Sesame Seeds
- .1 oz. Salt
- .05 oz. Pepper

Directions:

1. Whisk together