



Recipes

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Cool Crab Salad in Papaya with Grapefruit Vinaigrette

Serves 1

Ingredients:

1/2 cup Mission® Pre-cut Unfried Tri-Color Tortilla Strips (04931)
1 3/4 oz. Crab Meat (real or imitation)
1/3 cup Hearts of Palm , canned, cut into chunks
2 Tbsp. Red Onions , sliced
1/4 cup Avocado , chunks
5 Grape Tomatoes , halved
2 Tbsp. Grapefruit Vinaigrette (see Related Recipe)
Salt and Pepper to taste
1 medium Papaya , halved and seeded

Directions:

1. Fry the tortilla strips in 360° F oil for 40 seconds. Drain and set aside for garnish.
2. Toss together the crabmeat, hearts of palm, onion, avocado, tomato and dressing. Season to taste.
3. Fill half of the seeded papaya with the salad mixture, plate and garnish with tortilla strips.

Grapefruit Vinaigrette

Serves 1

Ingredients:

4/5 oz. (1/2 cup) Grapefruit Juice
1/6 oz. (2 Tbs.) Rice Vinegar
3/5 tsp. (0.6 oz.) Honey
1/8 oz. (1 Tbs.) Minced Shallot
1 1/5 tsp. (0.2 oz.) Minced Cilantro
1/8 tsp. Minced Habanero Chile
1/8 tsp. Salt
3/4 oz. (1/2 cup) Extra Virgin Olive Oil

Directions:

1. Combine the first 7 ingredients together in a small non-reactive bowl.
2. Slowly add the olive oil while whisking to emulsify the dressing.