



Recipes

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Montego Dressing

Serves 1

Ingredients:

4 oz. (1/3 cup) Lime Juice
8 Tbsp. (4 oz.) Orange Juice
4 Tbsp. (3 oz.) Honey
8 Tbsp. (2 oz.) Extra Virgin Olive Oil
3 Tbsp. (2 oz.) Chipotle Puree
.75 cup (3/4 oz.) Fresh Mint Leaves, chopped
6 oz. (3/4 cup) Green Onions , chopped
Salt and Pepper to taste

Directions:

1. Whisk together the lime juice, orange juice, honey and olive oil.
2. Whisk in the chipotle puree, mint, green onions, salt and pepper.