



Recipes

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International Quinoa Cone

Prep Time: 15 Minutes

Cooking Time: 1 Minutes

Serves 1

Ingredients:

- 4 oz. Prepared Quinoa (see Related Recipe)
- 1 oz. Avocado Oil
- 2 oz. Diced Tomatoes
- 1 oz. Grated Carrot
- .5 oz. Key Lime Juice
- .1 oz. Lemon Zest
- 1.5 tsp. Fresh Ginger
- .1 oz. Chopped Italian Parsley
- Salt and Pepper to taste
- .75 oz. Fresh Spinach
- 1 Mission® 12" Spinach Herb Wrap (10251)

Directions:

1. Combine the quinoa, avocado oil, tomatoes, carrots, key lime juice, lemon zest, fresh ginger, parsley, salt and pepper. Toss to combine.
2. Heat the Mission® Spinach Herb Wrap on a flat grill.
3. Place the spinach along the center of the wrap. Spoon the quinoa salad on top of the spinach. Roll into a burrito.

Quinoa

Cooking Time: 15 Minutes

Serves 1

Ingredients:

- 1/2 cup Water
- 1/4 cup Quinoa
- 1/6 tsp. Salt

Directions:

1. Pour the water in a stock pot. Bring to a boil. Add the quinoa and the salt.
2. Bring to a boil. Reduce heat and bring to a simmer.