



Recipes

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Crunchy Hummus Wrap

Prep Time: 5 Minutes

Serves 1

Ingredients:

- 1 Mission® 12" Garlic Herb Wrap (10252)
- 2 oz. Spicy Pepper Hummus , prepared
- 4 oz. Snow Peas , blanched
- 4 oz. Sliced Cucumbers
- 2 oz. Red Onions , thinly sliced
- 4 oz. Shredded Carrots
- 8 oz. Iceberg Lettuce , shredded
- 2 oz. Mint Raita Yogurt Dressing (see Related Recipe)

Directions:

1. Heat Mission® Garlic Herb Wrap and spread two ounces of spicy pepper hummus evenly over entire wrap.
2. Place remaining ingredients in center of wrap.
3. Tightly roll closed. Cut on a bias to serve.

Mint Raita Yogurt Dressing

Serves 1

Ingredients:

- 1/6 cup English (hothouse) Cucumber , peeled and 1/4" diced
- 1/8 cup Red Onion , 1/4" diced
- 1 4/5 tsp. Plain Yogurt
- 7/8 tsp. Lemon Juice
- 7/8 tsp. Fresh Mint , minced
- 1/8 tsp. Kosher Salt
- 1/8 tsp. Black Pepper

Directions:

1. Combine all ingredients and refrigerate. Can be prepared one day ahead.