



Autumn Harvest Burrito

Serves 1

Ingredients:

- 1 Mission® 10" Reduced Carb Whole Wheat Tortilla (10734)
- 2 Tbsp. Brown Rice , cooked (reserved hot)
- 2 Tbsp. Wild Rice , cooked (reserved hot)
- 2 Tbsp. Pearled Barley , cooked (reserved hot)
- 3/4 Tbsp. Reduced Fat Parmesan Cheese , ground
- 1/2 cup Steamed Mixed Vegetables (see Related Recipe)
- 3 oz. Boneless Skinless Chicken Breast, grilled, small dice

Directions:

1. Warm the Mission® Reduced Carb Whole Wheat Tortilla.
2. Combine brown rice, wild rice, barley and parmesan.
3. Place hot rice mixture in center of tortilla.
4. Top with Steamed Mixed Vegetables and chicken strips.
5. Roll wrap tightly.
6. Slice in half, on bias, and serve.

Steamed Mixed Vegetables

Serves 1

Ingredients:

- 2 Tbsp. Sugar Snap Peas , whole
- 2 Tbsp. Zucchini , medium dice
- 2 Tbsp. Yellow Squash , medium dice
- 2 Tbsp. Red Bell Peppers , medium dice
- 2 Tbsp. Green Bell Peppers , medium dice

Directions:

1. Steam vegetables for one minute.
2. Reserve.