



## Recipes

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# Mediterranean Fusion Wrap

Prep Time: 60 Minutes

Cooking Time: 0 Minutes

Serves 1

### Ingredients:

- 1 each 12" Tomato Basil Wrap (10250)
- 1 oz. vol. Roasted Red Pepper Hummus
- 2 oz. vol. Baba Ghannoush , see related recipe
- 6 oz. vol. Minted Tabouleh , see related recipe
- 1 oz. vol. Feta Cheese Crumbles
- 5 slices Sliced Roma Tomatoes
- 1 oz. vol. Black or Kalamata Olives

### Directions:

1. Heat tomato basil tortilla and spread roasted red pepper hummus evenly over entire wrap.
  2. Spread baba ghannoush over hummus.
  3. Pour minted tabouleh in the center of the wrap.
  4. Top with sliced tomatoes, feta cheese crumbles and black olives.
  5. Bring left and right sides towards ingredients and tightly roll to close.
  6. Cut in half on a bias to serve.
  7. Hold refrigerated for use.
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## Recipes

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### Minted Tabouleh

Serves 1

#### Ingredients:

- 3 cups Couscous , prepared
- 1 cup Fresh Mint Leaves , chopped
- 1/2 cup Fresh Parsley Leaves , chopped
- 1 cup Red Onions , minced
- 1 1/2 oz. vol. Olive Oil
- 3 oz. vol. Lemon Juice
- 2 tsp. Kosher Salt
- 1/4 tsp. Cayenne Pepper Sauce
- 1 tsp. Ground Cumin

#### Directions:

1. Fold couscous, mint, parsley and onions together in a mixing bowl.
  2. In a separate bowl or food processor, mix olive oil, lemon juice, and spices to emulsify.
  3. Pour over couscous and toss together to coat.
  4. Place in a covered storage container.
  5. Label, Date and Refrigerate.
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## Baba Ghannoush

Serves 1

### Ingredients:

- 2 1/2 lbs. (2 medium size) Eggplants
- 1 1/2 Tbsp. Fresh Garlic , minced
- 3 oz. vol. Lemon Juice
- 2 tsp. Lemon Zest
- 1 1/2 oz. vol. Tahini (Sesame Paste)
- 1/2 tsp. Ground Cumin
- 1 tsp. Kosher Salt
- 3 oz. vol. Olive Oil
- 1 oz. vol. Fresh Parsley , chopped

### Directions:

1. Preheat oven to 450F. Pierce eggplants with a fork and place on a small pan in the oven.
2. Roast eggplant for approximately 45 min-1 hour or until soft in the center.
3. Remove from oven and cool.
4. Cut eggplant in half and scoop out the pulp; discard the skin.
5. Place in a food processor and add remaining ingredients.
6. Pulse to combine to desired consistency.
7. Place in a storage container and hold refrigerated until ready for use.