



## Recipes

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## Chopped Veggie Nicoise Tacos

Prep Time: 15 Minutes

Cooking Time: 1 Minutes

Serves 1

### Ingredients:

- 3 each 6" Whole Wheat Tortillas (10462)
- 6 tsp. Tsasiki Sauce (commercially available)
- 6 oz. vol. Romaine Lettuce , shredded
- 4 oz. vol. Carrots , shredded
- 1 1/2 oz. vol. Pickled Red Onions , see related recipe
- 6 oz. vol. Green Bean and Kalamata Tomato Salsa ,  
See related recipe
- 1 1/2 oz. vol. Hard Boiled Eggs , diced

### Directions:

1. Heat whole wheat tortillas and brush 1 Tbsp. of Tsasiki on each tortilla. Place on plate.
2. Fill each taco with shredded lettuce, carrots, pickled onions, salsa and hard boiled eggs. Serve immediately.

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## Pickled Red Onions

Prep Time: 10 Minutes

Serves 1

### Ingredients:

- 1 Red Onion , peeled and thinly sliced on mandolin
- 1/3 cup Rice Wine Vinegar
- 1/3 cup Granulated Sugar

### Directions:

1. Whisk rice wine vinegar and sugar together in stainless bowl until sugar is dissolved.
  2. Add red onions and refrigerate at least one hour to allow flavors to develop.
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## Green Bean and Kalamata Tomato Salsa

Serves 1

### Ingredients:

- 2 cups Green Beans , blanched and chopped
- 2 1/2 cups Cherry Tomatoes , quartered
- 1 cup Kalamata Olives , sliced
- 2 tsp. Lemon Zest
- 2 Tbsp. Fresh Parsley , chopped
- 1 Tbsp. Capers , drained
- 1/2 tsp. Fresh Garlic , minced
- 1 Tbsp. Red Jalapenos , minced
- 1 1/2 oz. vol. Olive Oil
- 1 oz. vol. Lemon Juice
- 1/2 tsp. Kosher Salt

### Directions:

1. Fold ingredients together in a mixing bowl.
2. Place in a storage container and hold refrigerated until ready for use.