



## 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.