



## Recipes

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### Broccoli Cheese & Red Pepper Strudel

Serves 1

#### Ingredients:

- 1 each 6" Whole Grain Flour Tortilla (24861)
- 0.75 oz. Fat Free Cheddar Cheese , shredded
- 1.25 oz. Broccoli , steamed and chopped
- 1/2 oz. Red Bell Pepper , seeded and julienne sliced
- 1/2 Tbsp. Liquid Egg Substitute
- 1.5 Tbsp. Panko Crumbs , toasted
- 1.5 Tbsp. Parmesan Cheese , shredded

#### Directions:

1. Place 1/2 of shredded cheddar cheese in center of tortilla.
2. Top with chopped broccoli, red peppers and remaining cheese.
3. Bring left and right sides of tortilla towards ingredients. Bring bottom of tortilla over ingredients. Fold over to close.
4. Place on parchment lined pan. Brush with liquid egg substitute. Cut 3 slits in top of tortilla and top with toasted panko crumbs and shredded parmesan.
5. Bake in 400 oven for approximately 10 minutes or until center is hot and top is golden brown.
6. Serve warm.