Related Recipe(s) on the Following Page(s)

Asparagus and Avocado Wrap

Serves 1

Ingredients:

1 12" Smart Hearty Grains™ Tortillas, warm (47025))
1 Tbsp. Guacamole
1 batch Rice Medley (see related recipe)
4 spears Asparagus , blanched , hot

Directions:

1. Warm the Mission® Whole Grain Flour Tortilla.
2. Evenly spread entire tortilla with guacamole.
3. Place Rice Medley on center of wrap.
4. Lay asparagus spears over rice.
5. Roll wrap tightly.
6. Slice wrap in half, on a bias, and serve.

Rice Medley

Serves 1

Ingredients:

1/3 cup Brown Rice , cooked, hot
1/4 cup Wild Rice , cooked, hot
2 Tbsp. Plain Yogurt
1 tsp. Fresh Cilantro , rough chop
2 Tbsp. Yellow Onions , julienne, sautéed

Directions:

1. Evenly combine all ingredients.
2. Reserve hot.