



## Recipes

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### Mini Roasted Vegetable Barley Burritos

Prep Time: 30 Minutes

Cooking Time: 5 Minutes

Serves 2

#### Ingredients:

- 2 each 8" Heat Pressed Flour Tortillas (10410)
- 2 oz. vol. \* Fennel , thinly sliced and roasted
- 2 oz. vol. \* Portabella Mushrooms , gills removed and roasted
- 2 oz. vol. \* Red Bell Peppers , roasted
- 4 oz. vol. \* Barley , fully cooked
- 2.5 oz. vol. Fontina Cheese , shredded

#### Directions:

1. Place tortillas on worksurface. Spread 2 oz. barley over each tortilla.
2. Place 1 oz. roasted portabella, 1 oz. fennel, 1 oz. red pepper and 1 oz. Fontina in the center of tortilla.
3. Bring left and right sides towards the center and tightly roll. Sprinkle 1 Tbsp. of Fontina on the edge of tortilla to close.
4. Place on preheated flattop, griddle or in oven until lightly toasted and heated throughout.
5. Cut in half on a bias and serve immediately.
6. \*Note: Coat vegetables in a garlic herb vinaigrette for extra flavor. Cook barley in vegetable stock and lemon juice for extra flavor.