



## Recipes

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## Mediterranean Veggie Pinwheels

Serves 1

### Ingredients:

6 each 12" Spinach Herb Wraps (10251)  
13.5 oz. Prepared Roasted Red Bell Pepper Hummus  
Herbaceous Red Wine Vinaigrette Marinated  
Vegetables , see related recipe  
2.5 oz. Toasted and Salted Sunflower Seeds  
6 oz. Crumbled Feta Cheese

### Directions:

1. For one wrap: Heat a Mission® Spinach and Herb Wrap according to package instructions, and then lay on a work surface, spread 2 oz. (1/4 C) of hummus over entire wrap edge to edge. Spread approx. 1/6th of the marinated vegetables horizontally over the hummus, making sure to spread to the edges.
2. Sprinkle a heaping tablespoon of sunflower seeds and 1 oz. (2 tbsp) of crumbled feta cheese over the vegetables. Starting at the bottom of the wrap roll forward tightly to form a cylinder. Cut cylinder into 8 equal pinwheels, place in a plastic deli tray and wrap with plastic wrap for service.
3. Repeat for remaining pinwheels. Enjoy.



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# Herbaceous Red Wine Vinaigrette Marinated Vegetables

Serves 1

### Ingredients:

- 1 Tbsp. Fresh Italian Flat Leaf Parsley , minced
- 2 tsp. Fresh Thyme , minced
- 2 tsp. Fresh Lemon Juice
- 1 tsp. Fresh Garlic , minced
- 2 Tbsp. Red Wine Vinegar
- 1/4 tsp. Kosher Salt
- 1/8 tsp. Ground Black Pepper
- 2 oz. vol. Extra Virgin Olive Oil
- 2 each Cucumbers , 4" julienned strips (w/o seeds)
- 4 each Medium Carrots , peeled and 4" julienned strips
- 2 each Yellow Bell Peppers , seeded and 4" julienned strips
- 1 each Large Red Onion , cut in half and 4" julienned strips

### Directions:

1. Add minced herbs, lemon juice, garlic, vinegar and salt and pepper to a small mixing bowl and whisk to combine. Slowly drizzle in olive oil until incorporated.
2. Pour vinaigrette over julienned vegetables and toss to combine. Allow the vegetables to marinate for 2 hours. Reserve for assembly.