



Recipes

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Mediterranean Wrap

Serves 1

Ingredients:

1 Mission® 12" Red Sundried Tomato Basil Wrap
(18802)
3 oz. Orzo Salad with Nicoise Olives
1 oz. Romaine Lettuce , chopped
1 oz. Marinated Zucchini
1 oz. Marinated Yellow Squash
1 oz. Marinated Mushroom
1 Halved Onion
1/2 oz. Marinated Artichoke Hearts , coarsely chopped
3/4 oz. Pesto
1 oz. Mediterranean Salsa (see Related Recipe)
1/2 oz. Feta Cheese

Directions:

1. Grill or charbroil vegetables until cooked but not mushy. Chop into bite size pieces.
2. Heat Mission® Sundried Tomato Basil Wrap. Place orzo on wrap, leaving a 2" border.
3. Top with remaining ingredients.
4. Roll securely and cut at an angle.





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Mediterranean Salsa

Serves 1

Ingredients:

1 cup Tomato , diced
3 Tbsp. Red Onions , diced
1 tsp. Capers
2 Tbsp. Basil
3 Tbsp. Balsamic Vinegar
2 Tbsp. Olive Oil
Salt , to taste
Pepper , to taste

Directions:

1. Combine the above ingredients.