



Recipes

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Vegetable Filling

Serves 1

Ingredients:

- 1 Tbsp. Olive Oil
- 1 cup diced Red Bell Pepper
- 2 Tbsp. sliced Green Onions
- 1 lbs. Fresh Spinach Leaves, washed and stemmed
- 1 cup cooked Bay Shrimp

Directions:

1. For filling, heat a sauté pan, add olive oil.
2. Add the red bell peppers and green onions. Cook for 3 minutes. Add the spinach, cover, reduce heat to low and cook for another 3 minutes, or until spinach has wilted. Remove cover.
3. Stir in bay shrimp and reserved 1/2 cup of white sauce, combine thoroughly and remove from heat.