



Recipes

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Greek Farro Salad Wrap

Prep Time: 5 Minutes

Serves 12

Ingredients:

12 each 8" Smart Hearty Grains Tortilla (47087)

1 qt. Farro , cooked

4 oz. Cherry Tomatoes , roasted

4 oz. Zucchini , roasted, diced

1 oz. Red Onion , sliced

2 Tbsp. Basil , chiffonade

1 Tbsp. Oregano , fresh, chopped

1/4 cup Feta , crumbles

1 each Lemon , zest

Salt , as needed

Pepper , as needed

12 oz. Tzatziki Sauce, see related recipe

Arugula , fresh, as needed

Directions:

1. To prepare the farro salad, add farro, cherry tomatoes, zucchini, red onion, basil, oregano, feta crumbles, and lemon zest into a mixing bowl. Mix until combined.

2. Season with salt and pepper to taste and reserve cold for service.

3. To prepare one wrap, add 1/2 cup of the farro salad mixture to the tortilla, 1 oz. Tzatziki Sauce and a three-finger pinch of arugula greens. Roll filled tortilla into a wrap.



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Tzatziki Sauce

Prep Time: 5 Minutes

Serves 1

Ingredients:

- 1 oz. Greek Yogurt
- 1/8 oz. Cucumber , grated, squeezed of excess liquid
- 1/8 tsp. Dill , fresh, shopped
- 1/4 tsp. Lemon Juice
- 1/8 tsp. Mint , fresh, chopped
- Salt , as needed
- 1/8 tsp. Sugar

Directions:

1. In a mixing bowl, add all ingredients. Stir until combined.
2. Reserve cold for service.