



## Recipes

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## Grilled Chicken and Grain Wrap

Serves 12

### Ingredients:

12 each 8" Smart Hearty Grains Tortilla (47087)  
6 cups Farro , cooked  
12 oz. Snap Peas , sliced  
12 oz. Red Bell Peppers , medium dice  
12 oz. Cucumbers , medium dice  
2 1/4 cups Herb Dressing , see related recipe  
As needed Kosher Salt  
As needed Black Pepper  
2 1/4 lbs. Grilled Chicken, see related recipe

### Directions:

1. To prepare the grain salad, add farro, snap peas, red bell peppers, cucumbers and Herb Dressing 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 cup of the grain salad mixture to the tortilla, and add 3 oz. of the Grilled Chicken slices. Roll tortilla into a wrap.

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## Herb Dressing

Serves 1

### Ingredients:

1 1/2 cups Greek Yogurt  
3 oz. Extra Virgin Olive Oil  
1 Tbsp. Kosher Salt  
1 1/2 tsp. Black Pepper  
3 Tbsp. Red Wine Vinegar  
1 Tbsp. Fresh Thyme leaves  
1 Tbsp. Fresh Rosemary  
3 Tbsp. Scallions , sliced  
1 1/2 tsp. Garlic , peeled, minced

### Directions:

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

Prep Time: 120 Minutes

Cooking Time: 8 Minutes

Serves 1

### Ingredients:

1/4 cup Lemon Juice

1/4 cup Extra Virgin Olive Oil

2 tsp. Kosher Salt

1 tsp. Black Pepper

1 Tbsp. Garlic ,peeled, minced

2 Tbsp. Fresh Parsley , chopped

2 1/4 lbs. Chicken breast, boneless, skinless

### Directions:

1. In mixing bowl, add lemon juice, olive oil, salt and pepper, garlic and fresh parsley together. Whisk until combined.

2. Coat chicken breasts with marinade and let sit under refrigeration for 4 hours to overnight.

3. Grill chicken breast until internal temperature of 165°F. Let the chicken rest for 5 minutes. Slice and reserve cold until use.