



Recipes

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Almond Pesto and Marinated Chickpea Protein Wrap

Serves 12

Ingredients:

12 each 10" Smart Hearty Grains™ Tortilla, warm (47088))
2 1/4 cups Almond Pesto, see related recipe
18 oz. Heirloom tri-colored Grape Tomatoes , sliced
9 oz. Red Onions , thin sliced
12 oz. Mozzarella pearls
6 cups Citrus Marinated Chickpeas , see related recipe
9 oz. Baby Spinach greens, washed

Directions:

1. To build wrap, spread one tortilla with 3 tbsp. of the almond pesto, and top with 1 ½ oz. grape tomatoes, ¼ cup red onion slices, ¾ oz. baby spinach greens, 1 oz. mozzarella pearls, and ½ cup of the Citrus Marinated Chickpeas.
2. Fold into a wrap and serve.

Citrus Marinated Chickpeas

Serves 1

Ingredients:

6 cups Chickpeas , rinsed, drained
6 Tbsp. Chives , chopped
1 Tbsp. Fresh Thyme , chopped
3 Tbsp. Fresh Tarragon , chopped
1/4 cup + 2 tbsp. Olive Oil
3 Tbsp. Rice Wine Vinegar
6 Oranges Orange Zest
3 Lemons Lemon Zest
1 Tbsp. Kosher Salt
1 Tbsp. Granulated Sugar

Directions:

1. Combine all ingredients and let marinate under refrigeration overnight.
 2. Reserve refrigerated until use.
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Almond Pesto

Serves 1

Ingredients:

3 cups Basil pesto, prepared

1/2 cup Almond silvers, toasted

As needed Extra Virgin Olive Oil

Directions:

1. Combine ingredients into the bowl of a food processor and pulse until uniform.

*If pesto is too thick slowly drizzle in olive oil while processing until desired consistency is reached.

2. Store refrigerated until use.