



## Recipes

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# Ancient Grain Roasted Salmon Tacos

Serves 1

### Ingredients:

- 2 each Mission 6" Smart Hearty Grains™ Tortilla (47086)
- 2 oz. Oven Roasted Salmon Filet
- 1 oz. Pearl Barley (cooked)
- 1 oz. Multi-color Quinoa (cooked)
- 1 oz. Maple Sweet Potato
- .4 oz. Baby Arugula
- .6 oz. Shredded Carrot
- 1.2 oz. Avocados chunks
- .8 oz. Parsley Peanut Butter Dressing

### Directions:

1. Warm your tortillas
2. Place 0.2 oz of arugula on each tortilla
3. Followed by 0.5 oz of quinoa, 0.5 oz of barley, 0.3 oz of shredded carrots, 0.5 oz of maple sweet potatoes, 0.6 oz avocado chunks and finally, 1.5 oz of salmon per taco.
4. Finish the tacos with 0.4 oz of parsley peanut butter dressing.