



## Recipes

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### Triple Grilled Chicken and Eggplant Wrap

Serves 1

#### Ingredients:

- 1 Mission® 12" Garlic Herb Wrap (10252)
- 1/3 cup Ricotta Cheese Blend (see Related Recipe)
- 3 slices Grilled Eggplant and Mozzarella  
(see Related Recipe)
- 1 Grilled Marinated Chicken Breast (see Related Recipe)
- 1/2 cup Prepared Roasted Red Bell Pepper

#### Directions:

1. Lay the Garlic Herb Wrap on a flat surface. Spread the Ricotta cheese mixture across the wrap. Arrange the hot eggplant and Mozzarella slices down the center of the wrap and top with the freshly grilled chicken breast and roasted peppers.
2. Roll the wrap as you would a burrito with one end open. Place the rolled wrap on heated grill and lightly grill each side for 1 minute before serving.

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### Ricotta Cheese Blend

Serves 1

#### Ingredients:

- 2 2/3 oz. (4 cups) Ricotta Cheese
- 1 tsp. Fresh Basil chopped
- 1/3 tsp. Fresh Oregano minced
- 1/8 tsp. Salt

#### Directions:

1. Combine all ingredients in a bowl and mix thoroughly. Keep refrigerated.
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### Grilled Eggplant with Mozzarella

Serves 1

#### Ingredients:

1/8 cup Olive Oil  
1/6 tsp. Fresh Basil  
1/6 tsp. Fresh Oregano  
1/8 tsp. Salt  
1/8 large Eggplant , 1/4" sliced  
3 slices Mozzarella Cheese

#### Directions:

1. Combine the oil, basil, oregano and salt in a small bowl. Lightly brush both sides of the eggplant slices with the oil mixture and place on a heated grill. Grill the eggplant slices for 5 minutes and then turn over. Place a slice of Mozzarella on each eggplant slice and grill for another 5 minutes.

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### Grilled Marinated Chicken

Serves 1

#### Ingredients:

4 oz. (12 med.) Boneless/Skinless Chicken Breasts

1/3 oz. (1/2 cup) Olive Oil

1/6 oz. (4 tbsp) Balsamic Vinegar

1 tsp. Fresh Oregano

1/6 tsp. Black Pepper

1/6 tsp. Salt

#### Directions:

1. Using a meat mallet, pound the chicken breasts to 1/4" thickness.

2. In a small bowl, combine the oil, vinegar, oregano, pepper and salt.

3. Place one of the pounded breasts in a non-reactive dish and drizzle some of the oil mixture over it. Repeat with the remaining breasts and oil. Cover and refrigerate overnight.

4. Grill the marinated chicken over high heat for approximately 2 minutes per side or until cooked through.