



Recipes

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Tapas de Casbah

Serves 1

Ingredients:

- 1 Mission® 10" Whole Wheat Tortilla (10425)
- 4 oz. Spiced Chickpeas Salad (see Related Recipe)
- 4 oz. Moroccan Carrots Salad (see Related Recipe)
- 2 oz. Plain Yogurt

Directions:

1. Tear the Mission® Whole Wheat Tortilla into quarters. Grill on charbroiler.
2. Serve with Carrot Salad, Chick Pea Salad and yogurt.

Moroccan Carrot Salad

Serves 1

Ingredients:

- 16 oz. Carrots , shredded
- 2 oz. Olive Oil
- 2 oz. Cider Vinegar
- 1 Tbsp. Cinnamon
- 1 Tbsp. Ground Cumin
- 2 oz. Raisins

Directions:

1. Combine ingredients.
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Spiced Chick Pea Salad

Serves 1

Ingredients:

2 oz. Chickpeas (also known as Garbanzo beans)
1/8 oz. Lemon Juice
1/8 oz. White Wine Vinegar
1/4 clove Garlic
1/8 tsp. Ginger Root, grated
1/4 tsp. Whole Cumin Seed
3/5 tsp. Harissa
1/4 oz. Olive Oil

Directions:

1. Combine all ingredients.