



Greek Farro Salad Wrap

Prep time: 5 Cook Time: Servings: 12

Mediterranean,Entrees,Salads,Better For You,Smart Hearty Grains,Casual Dining,FSR/QSR,Plant-Based Preferences

Ingredients

INGREDIENT	CODE	PREP	QUANTITY
8" Smart Hearty Grains Tortilla	47087		12 Each
Farro		cooked	1 Qt.
Cherry Tomatoes		roasted	4 Oz.
Zucchini		diced, roasted	4 Oz.
Red Onions		sliced	1 Oz.
Basil		chiffonade	2 Tbsp.
Oregano		fresh, chopped	1 Tbsp.
Feta		crumbles	1/4 cup
Lemon		zest	1 Each
Salt			as needed
Black Pepper			as needed
Tzatziki Sauce		See Related Recipe	12 Oz.
Arugula		fresh	as needed



Instructions

1. To prepare the farro salad, add farro, cherry tomatoes, zucchini, red onion, basil, oregano, feta crumbles, and lemon zest 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 ½ cup of the farro salad mixture to the tortilla, 1 oz. Tzatziki Sauce and a three-finger pinch of arugula greens. Roll filled tortilla into a wrap.



Tzatziki Sauce

Prep time: 10 Cook Time: Servings:

Ingredients

INGREDIENT	CODE	PREP	QUANTITY
Cucumber		finely grated	1 Each
Greek Yogurt			14 Oz.
Garlic Cloves		minced	4 Each
Mint		dried	2 tsp.
Red Wine Wine			1 Tbsp.
Extra Virgin Olive Oil			2 tsp.
Salt			to taste
Black Pepper			to taste

Instructions

1. Using a cheesecloth or sieve, press the cucumber to remove as much excess liquid as possible. Combine with yogurt, garlic, mint, vinegar and oil. Mix well to combine, season to taste. Reserve refrigerated.

