



Mediterranean Veggie Pinwheels

Prep time: Cook Time: Servings:

Combo/Fusion,Mediterranean,Entrees,Appetizers/Sides/Snacks,Better For You,Wraps,FSR/QSR,Catering,Casual Dining,Grab & Go,Plant-Based Preferences,Snacks & Shareables

Ingredients

INGREDIENT	CODE	PREP	QUANTITY
12" Spinach Herb Wraps	10251		6 Each
Roasted Red Bell Pepper Hummus		Prepared	13.5 Oz.
Herbaceous Red Wine Vinaigrette Marinated Vegetables			
Sunflower Seeds		toasted, salted	2.5 Oz.
Feta Cheese		Crumbled	6 Oz.

Instructions

1. For one wrap: Heat a Mission® Spinach and Herb Wrap according to package instructions, and then lay on a work surface, spread 2 oz. (1/4 C) of hummus over entire wrap edge to edge. Spread approx. 1/6th of the marinated vegetables horizontally over the hummus, making sure to spread to the edges.
2. Sprinkle a heaping tablespoon of sunflower seeds and 1 oz. (2 tbsp) of crumbled feta cheese over the vegetables. Starting at the bottom of the wrap roll forward tightly to form a cylinder. Cut cylinder into 8 equal pinwheels, place in a plastic deli tray and wrap with plastic wrap for service.
3. Repeat for remaining pinwheels. Enjoy.



Herbaceous Red Wine Vinaigrette Marinated Vegetables

Prep time: Cook Time: Servings:

Ingredients

INGREDIENT	CODE	PREP	QUANTITY
Fresh Italian Flat Leaf Parsley		minced	1 Tbsp.
Fresh Thyme		minced	2 tsp.
Fresh Lemon Juice			2 tsp.
Fresh Garlic		minced	1 tsp.
Red Wine Vinegar			2 Tbsp.
Kosher Salt			1/4 tsp.
Ground Black Pepper			1/8 tsp.
Extra Virgin Olive Oil			2 Oz.
Cucumbers		seeded and 4" julienned strips	2 Each
Medium Carrots		peeled and 4" julienned strips	4 Each
Yellow Bell Peppers		seeded and 4" julienned strips	2 Each
Large Red Onions		cut in half and 4" julienned strips	1 Each

Instructions

1. Add minced herbs, lemon juice, garlic, vinegar and salt and pepper to a small mixing bowl and whisk to combine. Slowly drizzle in olive oil until incorporated.
2. Pour vinaigrette over julienned vegetables and toss to combine. Allow the vegetables to marinate for 2 hours. Reserve for assembly.

