

Black Bean Hummus and Chipotle Quesadilla

Prep time: 30 Cook Time: 2 Servings: 1

Latino,Better For You,Breakfast/Brunch,Entrees,Wraps,Plant-Based Preferences

Ingredients

INGREDIENT	CODE	PREP	QUANTITY
Mission® 12" Chipotle Chile Wrap	10253		1
Black Bean Hummus			1 1/2 oz.
Grilled Chicken			2 1/2 oz.
Avocado		thinly sliced	6 slice
Red Onion		thinly julienne cut	1 1/2 oz.
Chipotle Cheddar Cheese			1 1/2 oz.
Spicy Tomatillo Salsa			

Instructions

1. Place Mission® Chipotle Chile Wrap on work surface.
2. Spread 1½ ounces of Black Bean Hummus evenly over front half of wrap.
3. Top with sliced grilled chicken, avocado slices, red onions and chipotle cheddar cheese.
4. Fold wrap over to make half moon.
5. Place on oiled flattop or griddle pan.
6. Cook until both sides are lightly golden brown and cheese is melted.
7. Cut into quarters and serve with a side of Spicy Tomatillo Salsa.

Black Bean Hummus

Prep time: Cook Time: Servings:

Ingredients

INGREDIENT	CODE	PREP	QUANTITY
Black Beans		drained and rinsed	12 oz.
Olive Oil			2 oz.
Garlic		minced	1 tsp.
Lime Juice			1 1/2 Tbsp.
Green Onion			6 oz.
Black Pepper			1/8 tsp.
Fresh Cilantro			2 tsp.

Instructions

1. Place all ingredients together in food processor.
2. Pulse until almost smooth.
3. Place in storage container.
4. Label, date and refrigerate.

Spicy Tomatillo Salsa

Prep time: Cook Time: Servings:

Ingredients

INGREDIENT	CODE	PREP	QUANTITY
Tomatillo		roasted and diced	8 oz.
Fresh Garlic		chopped	1 Tbsp.
Fresh Cilantro		chopped	1 Tbsp.
Kosher Salt			1/2 tsp.
Fresh Jalapeno Pepper		chopped	1 oz.
Red Onion		diced	1 oz.
Extra Virgin Olive Oil			1 Tbsp.
Chipotle Tabasco® Sauce			1 Tbsp.

Instructions

1. Place all ingredients in a mixing bowl and blend together.
2. Remove from bowl and place in storage container.
3. Label, date and refrigerate.