



Grilled Chicken and Grain Wrap

Prep time: Cook Time: Servings: 12

European,Entrees,Better For You,Smart Hearty Grains,Catering,FSR/QSR,Casual Dining,Grab & Go

Ingredients

INGREDIENT	CODE	PREP	QUANTITY
8" Smart Hearty Grains Tortilla	47087		12 Each
Farro		cooked	6 cup
Snap Peas		sliced	12 Oz.
Red Bell Peppers		medium dice	12 Oz.
Cucumbers		medium dice	12 Oz.
Herb Dressing		see related recipe	2 1/4 cup
Kosher Salt			As Needed
Black Pepper			As Needed
Grilled Chicken (for Grilled Chicken and Grain Wrap)		see related recipe	2 1/4 Lbs.



Instructions

1. To prepare the grain salad, add farro, snap peas, red bell peppers, cucumbers and Herb Dressing 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 1 cup of the grain salad mixture to the tortilla, and add 3 oz. of the Grilled Chicken slices. Roll tortilla into a wrap.



Herb Dressing

Prep time: Cook Time: Servings:

Ingredients

INGREDIENT	CODE	PREP	QUANTITY
Greek Yogurt			1 1/2 cup
Extra Virgin Olive Oil			3 Oz.
Kosher Salt			1 Tbsp.
Black Pepper			1 1/2 tsp.
Red Wine Vinegar			3 Tbsp.
Thyme leaves		Fresh	1 Tbsp.
Rosemary		Fresh	1 Tbsp.
Scallions		sliced	3 Tbsp.
Garlic		peeled, minced	1 1/2 tsp.

Instructions

- 1. In a mixing bowl, add all ingredients. Stir until combined.
- 2. Reserve cold for service.



Grilled Chicken (for Grilled Chicken and Grain Wrap)

Prep time: Cook Time: Servings: 10

Ingredients

INGREDIENT	CODE	PREP	QUANTITY
Lemon Juice			2 Tbsp.
Italian Salad Dressing			6 Tbsp.
Chicken Breast or Chicken Tenders			1 1/2 Lbs.

Instructions

1. Whisk together the lemon juice and salad dressing to prepare marinade. Combine with chicken and let marinate overnight in refrigeration.
2. Grill or broil chicken until firm and juices run clear when pierced, about 8 minutes per side. Slice into strips.

