



Mexican Slaw Wraps

Servings

4

Calories

630

Prep Time

10 minutes

Total Time

22 minutes

Skill Level

Easy

Ingredients

2 cups Mann's Broccoli Wokly®, chopped and blanched
1½ cup Mann's Broccoli Cole Slaw®
1 pound ground beef or ground turkey
1¼ ounces taco seasoning
4 - 10" flour tortillas
1½ cups cheddar cheese, shredded
2 tablespoons sour cream



The Method

Preheat oven to 350° F.

In medium saucepan filled with boiling salt water, blanch Mann's Broccoli Wokly® by cooking just until it turns bright green. Drain and rinse with cold water to set the color; drain again.

In large skillet, cook ground beef with taco seasoning according to package directions. Meanwhile, wrap tortillas in foil and heat in oven for 10 minutes to soften.

In a large bowl, mix together the blanched broccoli and seasoned ground beef, Mann's Broccoli Cole Slaw®, cheese and sour cream.

For each broccoli wrap, place 2/3 cup filling just below the center of a flat tortilla. Fold in one side and then fold up from the bottom, enclosing the filling. Fold in the other side of the tortilla and serve warm.

Nutrition Facts

Serving Size: 384g | Servings: 4

Amount Per Serving

Calories 630 | Total Fat 30g (sat 13g trans 0.5g) | Cholesterol 125mg | Sodium 1630mg | Total Carbohydrate 50g | Dietary Fiber 2g | Sugars 8g (Includes 0g Added Sugars) | Protein 42g | Vitamin D 6% | Calcium 40% | Iron 35% | Potassium 20%