



Italian Broccoli Wrap

Servings

2

Calories

780

Prep Time

10 minutes

Total Time

15 minutes

Skill Level

Easy

Ingredients

- 1 cup orzo pasta, cooked (drain well)
- 2 (12 ounce) bags Mann's Broccoli Wokly®
- 2 tablespoons chopped red bell pepper
- 2 tablespoons chopped sliced green onions
- 4 teaspoons prepared pesto
- 2 tablespoons Caesar salad dressing
- 2 flour tortillas, vegetable flavored or plain



The Method

Bring water and salt to boil in a pot and cook orzo pasta according to the directions on the package.

About 5 minutes before orzo pasta is done cooking, add Mann's Broccoli Wokly® to pot, stirring until bright green, about 1 minute. Drain

In a large bowl combine Mann's Broccoli Wokly®, orzo, bell pepper, green onion and salad dressing; toss to mix.

Lay 2 tortillas flat and spread each with 2 tablespoons of pesto, then top each with half broccoli filling and roll.

Cut in half and serve.

Nutrition Facts

Serving Size 556g | Servings: 2

Amount Per Serving

Calories 780 Calories from Fat 110 | Total Fat 12g (sat fat 3.5g trans 0g) | Cholesterol 0mg | Sodium 800mg | Total Carbohydrate 135g | Dietary Fiber 14g | Sugars 16g | Protein 32g | Vitamin A 210% | Vitamin C 540% | Calcium 20% | Iron 40%