

# Everything But The Meat Wrap

PREPARE TIME:

10 minutes

COOK TIME:

7-10 minutes

SERVING:

4

Chef Grace Poole



## INGREDIENTS:

- 8-10 Incogmeato chik'n Tenders
- Everything Tossin'Sauce (see below)
- ½ # Fresh Spinach; stems picked and washed
- 2 Large Fresh Tomatoes; washed
- 1 Vidalia onion; washed
- 4 Tomato Basil Wraps

### Everything Tossin' Sauce:

- 16 oz. Greek Yogurt (if wanting 100% vegan, sub out for vegan mayo)
- 2 T of McCormick Everything Bagel Seasoning

## DIRECTIONS:

1. Drop tenders in the fryer for 5-7 minutes. (can use oven to prepare)
2. While the tenders are cooking, prep the tossin' sauce. Add the seasoning to the yogurt, or vegan mayo, and stir to combine. I have found that the sauce tastes the best after being covered and refrigerated for a couple hours, but it's great fresh too.
3. Once your tenders are done, throw them in a stainless steel bowl, add the everything bagel sauce and toss to coat. Set aside.
4. Prep the veggies. After washing, slice the tomatoes, and onion. (for an extra punch of flavor, caramelize those Vidalias)
5. Build your wraps. Place spinach, tomato and onion on your wraps first. Using tongs or gloved hands, layer 2-3 tenders on top. Bundle up burrito style, cut the finished wrap on the bias for a nice presentation; on the plate or in the box!



Scan Me  
TO REQUEST  
SAMPLES



Looking to source new  
food products for your  
business?

