



Bibb Lettuce Salad, Honey Peach Vinaigrette

Recipe Yield: 16 servings Serving: ½ cup

Honey Peach Vinaigrette

Peach, pitted	2-½ oz
Canola Oil	4 tsp
Shallots, diced	1/3 oz
Garlic Clove, whole	1/8 oz
Water	¼ cup
Champagne Vinegar	3 TBSP

Honey	2 tsp
Dijon Mustard	¼ tsp
Mint, chopped	1/8 oz
Salt	1/8 tsp
Pepper	1/8 tsp

Butter Lettuce Salad

Bibb Lettuce, chopped	7 oz
Peach, pitted, diced	2 each
Red Onion, thinly sliced	2 oz
Radish, thinly sliced	¾ cup
Vinaigrette	1 cup

- Vinaigrette: Lightly brush peaches with oil and grill on both sides until caramelized. Cool. Create a bowl using aluminum foil. Fill with shallots, garlic and 1 tsp olive oil. Close foil leaving a vent. Pre-heat oven to 350°F. Roast until tender, about 18 minutes. Cool. Place remaining 1 TBSP canola oil and all vinaigrette ingredients in a blender or food processor and combine until smooth.
- Salad: Toss together butter lettuce, diced peaches, red onion, radish, and ¾ cup vinaigrette. Reserve any leftover vinaigrette for another use.

Nutrition Info (per serving):

Cal: 30 Total Fat: 1.5g Sat Fat: 0g Sodium: 30mg Carbs: 3.5g Protein: 0.5g Fiber: <1g Sugar: 2.5g

Food by FLIK



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FIT**Radicchio Salad, Croutons, Caper Vinaigrette**Yield: 20 servings
Serving: ½ cup**Garlic Parmesan Croutons**

White Bread, cubed	¾ ounce
Wheat Bread, cubed	¾ ounce
Rye Bread, cubed	¾ ounce
Extra Virgin Olive Oil	2 tsp
Garlic, minced	1 tsp
Parsley, chopped	2 tsp
Parmesan, grated	1 TBSP, 1 tsp

Orange Caper Vinaigrette

Capers, with juices	1 T, 1 tsp
Canola Oil	1 TBSP
Champagne Vinegar	2 TBSP
Extra Virgin Olive Oil	1 TBSP
Orange Peel, grated	1/8 tsp
Pepper	1/8 tsp
Agave Nectar	¾ tsp

Radicchio Salad

Cauliflower, whole	1-3/5 lb
Radicchio, whole	12 oz
Canola Oil	1 TBSP
Vinaigrette	1/3 cup
Croutons	1 cup

1. Croutons: Toss bread with oil, garlic, parsley and parmesan to coat. Spread evenly on greased baking pan. Pre-heat oven to 375°F. Bake for 10 minutes or until lightly browned on all sides, stirring at least once while baking. Cool.
2. Vinaigrette: In a food processor, pulse capers with juices until chunky. In a small bowl, mix capers and all remaining ingredients.
3. Salad: Cut head of cauliflower into quarters. Using a sharp knife or mandolin, slice into paper thin pieces. Quarter heads of radicchio, leaving cores intact. Brush radicchio with oil and grill until slightly charred. Place in freezer to chill quickly. Cut and remove cores from radicchio, and separate leaves.
4. In a large bowl, toss together shaved cauliflower, radicchio, croutons and vinaigrette.

Nutrition Info (per serving):

Cal: 45 Total Fat: 2.5g Sat Fat: 0.5g Sodium: 55mg Carbs: 4.5g Protein: 1.5g Fiber: 1g Sugar: 1g

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FIT Root Vegetable Salad with Citrus Vinaigrette, Pepitas

Recipe Yield: 15 servings
Serving: ½ cup

Citrus Vinaigrette

White Wine Vinegar	2 tsp
Lemon Juice + Zest	1 TBSP, 1 tsp
Orange Juice	¼ cup
Salt	1/8 tsp
Olive Oil	1 TBSP
Canola Oil	1 TBSP

Salad

Rutabagas	1 pound
Turnips	1 pound
Beets	1 pound
Parsley, chopped	½ cup
Pumpkin Seeds	½ cup

1. Vinaigrette: Whisk together all vinaigrette ingredients, except the oils. Continue to whisk while slowly drizzling in oils. Set aside.
2. Salad: Peel and dice vegetables into 1 inch pieces. If using red beets, cook and keep the beets separate until assembling the salad to keep the color from bleeding. Pre-heat oven to 350°F. Place vegetables on parchment paper lined sheet pan and roast until caramelized and tender, about 20 minutes. Arrange vegetables on a serving platter and drizzle with vinaigrette. Garnish with parsley and pumpkin seeds.

Nutrition Info (per serving):

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FIT

Kale, Pear, Radish, Carrot, Beet Salad with Honey Dijon Dressing

Recipe Yield: 15 servings Serving: ½ cup

Honey Dijon Dressing

Honey	1 TBSP
Dijon Mustard	1 TBSP
Lemon Juice, fresh	½ tsp
Pepper	1/8 tsp
Light Mayonnaise	¼ cup

Salad

Carrots, thinly sliced	½ cup
Golden Beets, julienned	½ cup
Frisee Lettuce	3 cup
Pear, thinly sliced	½ cup
Watermelon Radish, thinly sliced	½ cup
Kale, chopped	1 quart

1. Dressing: In a small mixing bowl, combine all ingredients and whisk until smooth.
2. Salad: Using a peeler, slice carrots into long, thin strips. With a sharp knife, slice beets into short, thin strips. In a large mixing bowl, combine carrots, beets and remaining salad ingredients. Can use regular radish if watermelon not available. Add the dressing and toss gently to coat.

Nutrition Info (per serving):

Cal: 29 Total Fat: 1g Sat Fat: 0g Sodium: 75mg Carbs: 4.5g Protein: 1g Fiber: 1g Sugar: 2.5g

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