

**FIT**

## FLIK Broccoli, Apple Salad, Pecans, Greek Yogurt Dressing

Portion Size: 1/2 cup

Recipe Yield: 9

Fat Free Greek Organic Yogurt	2 TBSP	Broccoli, Fresh, Spears	12 oz
Cider Vinegar	1 TBSP	Granny Smith Apples, Fresh	4 oz
Honey	1-1/2 tsp	Lemon Juice, Fresh	3/4 tsp
Kosher Salt	1/4 tsp	Cranberries, Dried	2 TBSP, 2 tsp
Fresh Ground Black Pepper	1/4 tsp	Pecan Halves	2 TBS, 2 tsp

1. Whisk plain fat-free yogurt, cider vinegar, honey, salt, and pepper until combined to make the dressing. Set aside.
2. Cut broccoli into florets, reserving stems. Blanch florets just until tender, and shock in an ice bath. Drain and reserve florets. Julienne broccoli stems.
3. Core apples and slice into half moon pieces. Toss slices in the lemon juice.
4. Toss apples, broccoli, cranberries, pecans and dressing together and chill. Allow to marinate with dressing for 1 hour.

Nutrition Info (per serving):

Cal: 46; Total Fat: 2g; Sat Fat: &lt;1g; Sodium: 80mg; Carbs: 8g; Protein: 2g; Fiber: 2g; Sugar: 5g

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## FLIK Grilled Romaine, Buttermilk Blue Cheese Salad, Pickled Red Onion

Portion Size: 1/2 cup

Recipe Yield: 12

Lettuce, Romaine	1 lb	Fresh Ground Black Pepper	1/8 tsp
Cooking Spray	4 spray	Mayonnaise, Light	1 TBSP
Greek Organic Yogurt, Fat Free	1-1/2 TBSP	Tomatoes, Grape, Halved	3 oz
Cheese, Blue, Crumbles	1 TBSP	Pickled Red Onion (See Below)	2 TBSP
Buttermilk, Fat Free	2 TBSP	Chives, Fresh, Minced	1 TBSP

1. Peel 3 oz. of onion. Cut in half and slice into very thin half-moon shapes. Put in small bowl and set aside.
2. Heat 1-1/2 TBSP white vinegar and 1-1/2 TBSP sugar in a small saucepan over medium heat, stir constantly. When sugar dissolves, remove from heat. Add 1/8 tsp salt and pour over onion, cover with plastic. Refrigerator overnight to pickle.
3. Trim leaf end from romaine heads and discard any damaged outer leaves, leave core intact. Cut romaine heads lengthwise. Spray grill with pan spray and grill cut side of romaine heart. Note: Lightly char romaine hearts only, do not overcook. Immediately place romaine in freezer until chilled. Cut and discard romaine core. Cut romaine heart in 1/2" pieces and reserve.
4. Mix fat free yogurt, blue cheese, fat free buttermilk, black pepper, and light mayo until combined.
5. Lay romaine on platter and drizzle with dressing. Top with tomato and pickled onion, garnish with chives, OR toss all ingredients together for a tossed salad.

Nutrition Info (per serving):

Cal:16; Total Fat: &lt;1g; Sat Fat: &lt;1g; Sodium: 28mg; Carbs: 2g; Protein: g&lt;1; Fiber: &lt;1g; Sugar: 1g

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# FLIK Kale, Citrus, Feta and Almond Salad

Portion Size: 1/2 cup

Recipe Yield: 10

Lemon Juice	1 TBSP	Kale, Chopped	8 oz
Olive Oil	3 TBSP	Orange, Peeled, Sectioned	4 oz
Kosher Salt	1/8 tsp	Grapefruit, Peeled, Sectioned	4 oz
Ground Black Pepper	1/2 tsp	Feta Cheese, Crumbled	1/3 cup
Honey	1-1/2 tsp	Almonds, Sliced, Toasted	1/2 cup

1. Combine lemon juice, olive oil, salt, pepper, and honey.
2. In a large bowl, combine kale, orange segments, grapefruit segments, feta, and almonds. Toss with dressing until evenly coated.

Nutrition Info (per serving):

Cal: 102; Total Fat: 8g; Sat Fat: 2g; Sodium: 90mg; Carbs: 7g; Protein: 3g; Fiber: 2g; Sugar: 4g

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# FLIK Zucchini Herb Pine Nut Salad

Portion Size: 1/2 cup

Recipe Yield: 10

Zucchini Squash	1-1/2 lb	Ground Black Pepper	1/4 tsp
Grape Tomatoes, Halved	4 oz	Pine Nuts	1/3 cup
Lemon Juice	2 TBSP	Basil, Fresh, Chopped	2 TBSP
Olive Oil	2 TBSP	Mint, Fresh, Chopped	1 TBSP
Crushed Red Pepper	1/4 tsp	Parmesan Cheese, Shaved	2 oz

1. Cut and discard ends from zucchini. Cut zucchini into ribbons using a mandolin.
2. In a bowl whisk together the lemon juice, olive oil, crushed red pepper, and black pepper until combined.
3. Toast pine nuts on a parchment lined sheet tray in a 350F degree oven until golden brown, cool and reserve.
4. Combine zucchini, tomatoes, dressing, pine nuts, basil, and mint in a bowl. Lay salad on platter, top with parmesan.

Nutrition Info (per serving):

Cal: 96; Total Fat: 8g; Sat Fat: 2g; Sodium: 102mg; Carbs: 4g; Protein: 4g; Fiber: 1g; Sugar: 2g

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