

**FIT**

## FLIK Veggie Stuffed Portobello Mushroom "Pizza"

Portion Size: 1 "pizza"

Recipe Yield: 8

Portobello Mushrooms	2½ lb	Yellow Squash, Chopped	2 cups
Kosher Salt	½ tsp.	Red Onion, Chopped	2 cups
Black Pepper	½ tsp.	Red Bell Peppers, Chopped	2 cups
Canola Oil, Divided	2 TBSP	Marinara Sauce	1½ cups
Zucchini, Chopped	2 cups	Mozzarella Cheese, Part Skim, Shredded	2 cups

1. Clean and remove stems from mushrooms. In a bowl, toss mushroom caps with salt, pepper, and 1 TBSP oil.
2. Place mushrooms stem side down on a parchment lined sheet tray and bake in a 350°F oven until almost tender, about 5 minutes. Discard any liquid from mushrooms.
3. In a bowl, toss together zucchini, squash, onion, bell pepper, and remaining oil. Roast in a 350°F oven until golden brown and tender, about 30 minutes.
4. Top each mushroom cap with 3 TBSP marinara sauce, ¼ cup mozzarella cheese, and ¼ cup roasted vegetables.
5. Place mushrooms on a parchment lined sheet tray. Bake at 350°F until cheese has melted and mushrooms are tender, about 3-5 minutes.

**Chef Tip:** Your favorite homemade or store bought marinara sauce can be used in this recipe.

Nutrition Info (per serving): Cal: 220; Total Fat: 12g; Sat Fat: 4g; Sodium: 430mg; Carbs: 19g; Protein: 12g; Fiber: 5g; Sugar: 11g

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# FLIK Quinoa and Currant Stuffed Acorn Squash, Pumpkin Seeds

Portion Size: 1/2 Acorn Squash

Recipe Yield: 8

## Pepita Agrodolce:

Pumpkin Seeds, Hulled	1/2 cup
Red Wine Vinegar	1/2 cup
Sugar	1/2 cup
Kosher Salt	1/2 tsp.
Crushed Red Chili Flakes	1/2 tsp.

Acorn Squash	2 whole
Apple Cider Vinegar	1/4 cup
Extra Virgin Olive Oil	1 TBSP
Maple Syrup	2 1/2 TBSP
Kosher Salt, divided	1 tsp.
Black Pepper	1/4 tsp.
Canola Oil	2 TBSP

Red Onions, Chopped	1/2 cup
Quinoa, Dry	2 cups
Curry Powder	2 tsp.
Cinnamon	1 tsp.
Cayenne Pepper	1/2 tsp.
Water	1 quart
Currants	1/2 cup
Parsley, Chopped	1/3 cup

- For pepita agrodolce: toast pumpkin seeds in a 325°F oven until golden and fragrant, about 5-10 minutes. In a pot combine the red wine vinegar, sugar, salt, and chili flakes over medium-high heat. Simmer until sugar and salt are dissolved. Add pumpkin seeds. Cool to room temperature and set aside.
- Trim ends from acorn squash. Cut squash in half lengthwise. Scrape seeds from squash.
- In a bowl, whisk together cider vinegar, olive oil, maple syrup, 1/2 tsp salt, and pepper. Place acorn squash on a parchment lined sheet tray with the flesh facing up. Brush flesh side of squash with apple cider vinegar mixture. Save any excess for basting during cooking. Roast acorn squash in a 350°F oven until golden brown and tender, about 20 minutes. If you have additional liquid, brush it on halfway through cooking.
- Heat canola oil in a pot over low heat. Add onions, cover, and heat until translucent. Stir in quinoa, curry powder, cinnamon, and cayenne. Continue cooking about 1 minute. Add water and remaining salt; bring to a simmer. Cover and cook quinoa until tender, about 15 minutes.
- While warm, stir in currants and parsley. Place 1 cup of hot quinoa mixture into 1/2 acorn squash. Garnish each portion with 1 tbsp. pepita agrodolce.

Nutrition Info (perserving): Cal: 490; Total Fat: 11g; Sat Fat: 1g; Sodium: 390mg; Carbs: 94g; Protein: 12g; Fiber: 19g; Sugar: 16g

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## FLIK Black Bean, Chorizo Stuffed Sweet Potato, Avocado Puree

Portion Size: ½ Sweet Potato Recipe Yield: 7

Avocado Puree:		Dried Black Beans, soaked in water overnight	3 cups
Fresh Avocado	1 cup	Baked Sweet Potato	4 each
Kosher Salt	½ tsp.	Canola Oil	2 TBSP
Sugar	½ tsp.	Red Onions, Chopped	½ cup
Plain Low Fat Yogurt	¼ cup	Jalapeño Peppers, Chopped	2 TBSP
Yuzu Juice	1 TBSP	Chorizo Sausage, Diced	¾ cup
		Fresh Cilantro, Chopped	3 TBSP

1. For avocado puree: combine avocado, salt, sugar, yogurt, and yuzu juice in a blender and blend until smooth. Strain through a mesh sieve and set aside.
2. Place beans in a medium saucepan and cover with 1-inch of water. Bring to a boil over medium-high heat. Boil two minutes then simmer 1-2 hours until beans are tender. (Cook time will depend on size and age of beans.)
3. Place sweet potatoes in a single layer on baking sheet. Bake at 425°F for approximately 30-45 minutes, until potato is tender. Cut potatoes in half lengthwise.
4. Heat oil in sauté pan over medium-high heat. Add onions, jalapeno, and chorizo. Cook until chorizo is browned and onions are softened, about 5 minutes. Add black beans to the pan. Stir to combine and continue cooking until heated through.
5. Use a spoon to create a divot in the middle of sweet potato halves. Stuff each sweet potato half with 1/2 cup of black bean and chorizo mixture. Just before serving, top with 2 TBSP of avocado puree and garnish with cilantro. Utilize leftover sweet potato half for another purpose (like breakfast hash).

Nutrition Info (per serving): Cal: 385; Total Fat: 13g; Sat Fat: 3g; Sodium: 380mg; Carbs: 53g; Protein: 15g; Fiber: 13g; Sugar: 11g

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## FLIK Chicken Stuffed Poblano Pepper "Taco," Queso Fresco

Portion Size: ½ Pepper

Recipe Yield: 10

Water	6 cups	Yellow Onions, Chopped	¾ cup	Crushed Tomatoes, Canned	1 cup
Freekeh	2/3 cup	Jalapeño Peppers, Diced	1 TBSP	Kosher Salt	1½ tsp.
Poblano Peppers	5 each	Garlic, Minced	1 TBSP	Black Pepper	½ tsp.
Cooking Spray Oil	as needed	Cumin	1 tsp.	Cilantro, Chopped	2 TBSP
Canola Oil	2¼ TBSP	Chili Powder	1 TBSP	Mexican Queso Fresco	¾ cup
Button Mushrooms, Chopped	1 cup	Ground Chicken Breast	1¼ lb		

1. In a large pot, bring water to a boil. Stir in freekeh, reduce to a simmer, cook for 10 minutes, stirring occasionally.
2. Cut poblano peppers in half lengthwise. Scrape and discard seeds and ribs from peppers leaving stems intact.
3. Prepare grill with cooking oil spray. Lightly char poblano halves on both sides. Place poblanos on parchment lined sheet tray flesh side up.
4. Heat oil in a large pan. Add mushrooms, onions, jalapeno, and garlic. Cook until softened, about 5 minutes. Add cumin and chili powder and continue to cook until fragrant, about 2 minutes.
5. Add chicken to pan. Brown chicken while breaking into small pieces with a wooden spoon. Add crushed tomatoes, cooked freekeh, salt, and pepper. Continue cooking until chicken is cooked through. Stir in cilantro.
6. Stuff each pepper half with 1/2 cup of chicken filling and top with 2 TBSP of crumbled queso fresco.
7. Bake at 350°F, just long enough to melt cheese, about 3-5 minutes.

Nutrition Info (per serving): Cal: 255; Total Fat: 15g; Sat Fat: 4.5g; Sodium: 500mg; Carbs: 13g; Protein: 19g; Fiber: 5g; Sugar: 6g

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