



Sunny Egg, Brussels Sprouts, Roasted Sweet Potato, Quinoa

Recipe Yield: 6 servings (see serving size below)

Cooked Red Quinoa	3 cups	Baby Arugula	1 ½ cups
Sweet Potatoes, diced	3 cups	Salt	¾ tsp
Brussels Sprouts, sliced	3 cups	Black Pepper	¾ tsp
Olive Oil	3 TBSP	Cooking Spray	as needed
Yellow Onion, diced	1 ½ cups	Eggs	6 each
Pesto Sauce	¾ cup		

Prepare dry quinoa according to package instructions.

Steam sweet potatoes and brussels sprouts separately until tender, cool under cold water.

Heat oil in a hot skillet. Add the diced sweet potatoes and sauté for 2 minutes while moving around in the pan to cook all sides. Add the Brussels sprouts and diced onions. Let the Brussels sprouts sear slightly to caramelize well - but not burn. Add the quinoa and pesto. Toss mixture together to coat with pesto. Toss in arugula, salt and freshly ground black pepper.

Coat a nonstick sauté pan with cooking spray. Crack the egg into the center of the pan and cook "sunny side" up for 5-7 minutes depending on the size of the egg.

Portion size: 1 egg, 1-1/2 cup quinoa, sweet potato and Brussels sprout mixture

Nutrition Info (per serving):

Cal: 480; Total Fat: 26g; Sat Fat: 5g; Sodium: 445mg; Carbs: 48g; Protein: 16g; Fiber: 8g; Sugar: 8g

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Shrimp Scampi, Creamy Polenta, Asparagus with Basil Jus

Recipe Yield: 6 servings (see serving size below)

Balsamic Vinegar	1/3 cup	Olive Oil	½ tsp	Olive Oil	2 TBSP
Fresh Garlic, Crushed	1 clove	Fennel Seed	1/8 tsp	Shrimp, Raw, Peeled	1 lb
Fresh Thyme	1 sprig	White Onion, Chopped	½ cup	Fresh Garlic Minced	2 TBSP
Dark Brown Sugar	¼ tsp	Vegetable Stock	1 ½ cups	Red Pepper Flakes	½ tsp
Water	¼ tsp	Fresh Garlic, Minced	¾ tsp	Salt	½ tsp
Arrowroot Flour	¼ tsp	Fresh Tomatoes	6 oz wt	Black Pepper	¼ tsp
Water	36 fl oz	Fresh Basil	¼ cup	Fresh Asparagus, Chopped	12 oz wt
Yellow Polenta	7 oz wt	Low Sodium Soy Sauce	1 ½ TSP	Grape Tomatoes	12 oz wt
Parmesan Cheese	½ oz wt			White Wine	½ cup
Butter	4 tsp			Parmesan Cheese	2 TBSP
Salt	¼ tsp				

To Prepare Balsamic Glaze: Place vinegar in a pot and add garlic and thyme sprig. Bring to a boil and reduce heat to simmer for about 30 minutes until reduced by half. Add brown sugar. Mix together arrowroot and water to make slurry; slowly drizzle slurry in and cook until thickened.

To Prepare Polenta: In a heavy sauce pan bring water to a boil and add polenta; stir. Bring to a simmer, stir often to prevent sticking as the polenta thickens. Add in parmesan cheese, butter and salt. Cook slowly for about 25 minutes until the polenta is no longer grainy.

To Prepare Tomato Basil Jus: Drizzle oil into a hot stock pot and toast fennel seeds and onions until fragrant. Add vegetable stock and garlic cloves. Puree tomatoes and add to pot with basil and soy sauce. Bring to a boil and bring to a simmer, cover for 30 minutes. Strain.

To Prepare Shrimp: Heat oil in a hot pan and sauté shrimp for 1-2 minutes, add garlic and cook until toasted. Add chili flakes, salt, black pepper, asparagus and tomatoes. Add wine and deglaze and cook until reduced by half. Add Tomato Basil Jus and simmer until vegetables are tender.

Portion Size: 3/4 cup polenta, 1-1/2 cup of sautéed shrimp and asparagus, 1/4 cup of jus, garnish with 1 tsp balsamic glaze and 1 tsp of parmesan cheese.

Nutrition Info (per serving): Cal: 360; Total Fat: 12g; Sat Fat: 4g; Sodium: 500mg; Carbs: 36g; Protein: 24g; Fiber: 4g; Sugar: 6 g

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FIT

FLIK Farro Mushroom Risotto, Brussels Sprouts, Sun-Dried Tomatoes

Portion Size: 2 cups

Recipe Yield: 5 Servings

Farro, Dry	1 2/3 cup	Olive Oil	2 tbsp
Olive Oil	1 tsp	Brussels Sprouts, Sliced	5 oz
White Onions, Finely Diced	¼ cup	White Mushrooms, Quartered	5 oz
Garlic, Minced	1 ¾ tsp	Swiss Chard, Chopped	4 ½ oz
Crushed Red Pepper Flakes	½ tsp	Sun-Dried Tomatoes, Sliced	¾ cup
Low Sodium Vegetable Stock	2 cups	Scallions, Sliced	1/3 cup
Canned Rinsed Cannellini Beans	1 cup	Parmesan Cheese, Shredded	1/3 cup

1. Place farro on a baking pan and roast at 300°F until the grains begin to brown slightly, about 20 minutes. Boil roasted farro for 30-40 minutes until the grains are cooked through. Strain and place onto a sheet pan and cool completely.
2. Heat a pan over medium heat, add 1 tsp of oil followed by the onions and garlic. Cook gently until the onions are translucent. Add the red pepper, sauté for 20-30 seconds, add the vegetable stock and bring to a simmer. Add the beans, return to a simmer and cook for 5-10 minutes. Place mixture in a food processor and puree until smooth.
3. Heat a sauté pan over medium-high heat. Add 2 tbsp of oil, brussels sprouts and mushrooms to the pan and cook for 3-4 minutes until sprouts are tender. Add swiss chard until it softens, then add sun-dried tomatoes, farro, and vegetable stock. Bring to a simmer and reduce slightly. Add white bean puree. Garnish with scallions and parmesan.

Nutrition Info (per serving):

Cal: 430; Total Fat: 10g; Sat Fat: 2g; Sodium: 370mg; Carbs: 68g; Protein: 19g; Fiber: 10g; Sugar: 7g

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FIT

Smoked Salmon Pumpkin Hash, Freekeh topped with Harissa Eggs

Recipe Yield: 6 servings (see portion information below)

Harissa Vinaigrette

Shallots, Peeled	1 oz wt
Harissa Paste	3 oz wt
Lemon Juice, Fresh	½ cup
Orange Juice, Fresh	½ cup
Dark Brown Sugar	2 TBSP
Salt	1 tsp
Olive Oil	2 cups

Butternut Squash

Butternut Squash, Cubed	1 lb
Olive Oil	1 TBSP
Salt	¼ tsp
Black Pepper	1/8 tsp
Ground Ancho Chili	1 TBSP

Hash

Olive Oil	¼ cup
Broccoli, Chopped	3 cups
Fresh Garlic, Minced	1 tsp
Cooked Freekeh	3 cups
Salt	½ cup
Black Pepper	½ tsp
Smoked Salmon, Diced	6 oz wt
Fresh Dill, Chopped	3 TBSP
Eggs	6 each

1. To Prepare Harissa Vinaigrette: Place all ingredient except oil in a blender and blend until smooth. Slowly drizzle oil into blender to emulsify. There will be more dressing than what is needed for the recipe; keep remainder refrigerated.
2. To Prepare Butternut Squash: Toast squash with olive oil, salt, pepper and ancho chili. Roast at 350°F for 20 min or until soft.
3. To Prepare Hash: Heat cup oil in a hot sauté pan. Add broccoli and sauté for 2 minutes. Add the garlic, roasted butternut squash and cooked freekeh. Add salt and freshly ground black pepper. Stir and cook a few more minutes. Add chopped salmon and toss to heat through. Toss with fresh dill just before serving.
4. Cook eggs to your liking.

Portion Size: 1-1/2 cup hash, 1 cooked egg, garnish with 2 tbsp. of harissa vinaigrette

Nutrition Info (per serving): Cal: 400 ; Total Fat: 24g; Sat Fat: 4g; Sodium: 535mg; Carbs: 34g; Protein: 17g; Fiber: 8g; Sugar: 3g

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