



FLIK Grapefruit, Mint, Arugula Salad

Portion Size: ½ cup

Recipe Yield: 5

White Balsamic Vinegar	½ tsp	Arugula	2 oz
Grapefruit Juice, 100%	½ tsp	Grapefruit Segments, Fresh	6 ½ oz
Honey	½ tsp	Mint, Fresh, Chopped	2 ½ tsp
Extra Virgin Olive Oil	1 tsp		

1. In a bowl, whisk together white balsamic, grapefruit juice, and honey.
2. Slowly whisk in olive oil until emulsified.
3. Toss together arugula, grapefruit segments, and mint with honey balsamic dressing.

Nutrition Info (per serving):

Cal: 30; Total Fat: 1g; Sat Fat: 0g; Sodium: 3mg; Carbs: 4g; Protein: 0.5g; Fiber: 0.6g; Sugar: 3g

Food by FLIK



FLIK Marinated Portobello Mushrooms

Portion Size: 1 each

Recipe Yield: 5

Portobello Mushrooms, Fresh	5 each	Black Pepper	½ tsp
Balsamic Vinegar	1 TBSP	Olive Oil	1 TBSP
Garlic, Minced	1 tsp		

1. Remove mushroom stems and clean mushrooms.
2. Combine balsamic vinegar, garlic, pepper, and olive oil.
3. Coat mushrooms with marinade and let sit for at least 20 minutes.
4. Grill mushrooms on both sides until tender

Dietitian's note: These grilled mushrooms are the perfect addition to salads and sandwiches, or can be used as a veggie burger.

Nutrition Info (per serving):

Cal: 45; Total Fat: 3g; Sat Fat: 0.4g; Sodium: 8mg; Carbs: 3.5g; Protein: 2g; Fiber: 1g; Sugar: 2g

Food by FLIK

FLIK Red Wine and Grape Vinaigrette

Portion Size: 1 fl oz

Recipe Yield: 22

Shallots, Peeled, Minced	2 TBSP	Red Wine Vinegar	2 fl. oz
Honey	2 TBSP	Salt	1 tsp
Red Seedless Grapes	½ lb.	Black Pepper	½ tsp
Red Wine	½ cup	Extra Virgin Olive Oil	2 ½ tsp

1. In a blender, blend shallots, honey, grapes, red wine, red wine vinegar, salt and pepper until smooth.
2. While blending, slowly drizzle in olive oil until dressing is emulsified.
3. Strain dressing through a fine mesh strainer; discard solids.

Nutrition Info (per serving):

Cal: 100; Total Fat: 10g; Sat Fat: 1g; Sodium: 108mg; Carbs: 3g; Protein: 0g; Fiber: 0g; Sugar: 3g

Food by FLIK



FLIK Indian Spice, Chickpea, Potato Soup

Portion Size: 8 fl oz

Recipe Yield: 12

Garbanzo Beans, Dry	1 lb.	Cayenne Pepper	1/3 tsp
Yellow Onions, Diced	¾ lb.	Turmeric	2/3 tsp
Celery, Diced	½ lb.	Cumin	2/3 tsp
Garlic, Chopped	1 TBSP	Potatoes, Peeled, Diced	1 lb
Olive Oil	2 tsp	Cilantro, Fresh, Chopped	1 ½ tsp
Flour, All Purpose	1 oz	Salt	1 ½ tsp
Vegetable Stock, Low Sodium	2 quarts	Lemon Juice	1 ½ TBSP

1. Soak garbanzo beans in water overnight. Drain and set aside.
2. In a large pot, sauté onions, celery, and garlic in olive oil. Dust with flour to make a roux.
3. Add vegetable stock, soaked garbanzo beans, cayenne, turmeric, cumin, and potatoes. Stir and bring to a boil. Simmer until beans are tender, about 1 hour.
4. Remove about ½ of the soup and puree until smooth. Return pureed to soup and stir to combine.
5. Add cilantro, salt, and lemon juice.

Nutrition Info (per serving):

Cal: 215; Total Fat: 3g; Sat Fat: 0.4g; Sodium: 415mg; Carbs: 39g; Protein: 9g; Fiber: 6g; Sugar: 6g

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