

Local Corn, Pepper, Tomato Sauté

Portion Size: ½ cup

Yield: 4 servings



Ingredients:

Olive Oil	2 tsp
Spanish Onion, diced	2 TBSP
Local Tomatoes, seeded, diced	½ cup
Salt	1/8 tsp
Black Pepper	½ tsp
Local Corn, kernels	¾ cup
Red Bell Pepper, diced	½ cup
Tarragon, chopped	2 tsp

1. Heat oil in a large skillet over low heat. Add onion and cook until transparent but not brown, about 5 minutes.
2. Raise the heat to medium and add tomatoes, salt, pepper and corn. Cook for 1 to 2 minutes.
3. Add bell pepper and cook another 2 minutes, or until tender.
4. Transfer to a serving bowl and stir in fresh chopped tarragon. Enjoy hot or cold!

Chef Note: Grill, boil or steam corn cobs, and then cut off the kernels.

Nutrition Info (per serving): Cal: 75, Total Fat: 3g, Sat Fat: 0g, Sodium: 60mg, Carbs: 12g, Protein: 2g, Sugar: 4g, Fiber: 2g

Food by FLIK

Roasted Garden Vegetable Sauce

Portion Size: ½ cup

Yield: 16 servings



Ingredients:

Green Bell Pepper	5 each	Salt	2 ½ tsp
Red Bell Pepper	5 each	Black Pepper	1 tsp
Yellow Squash, diced	1 lb	Crushed Tomatoes	6 cups
Zucchini Squash, diced	1 lb	Garlic, minced	2 TBSP
Eggplant, diced	¾ lb	Red Chili Flakes	½ tsp
Grape Tomatoes	1 cup	Vegetable Broth	1 cup
Yellow Onion, diced	3 cups	Fresh Basil, chopped	¼ cup
Olive Oil	¼ cup		

1. Chop peppers. Mix all fresh vegetables together with oil, 2 tsp salt and black pepper. Place on a baking sheet and roast in a 350°F oven just until tender and lightly brown, about 12-15 minutes.
2. In a pot combine crushed tomatoes, garlic, remaining ½ teaspoon salt, red chili flakes and vegetable broth. Bring to a simmer and cook 15 minutes.
3. Gently stir in roasted vegetables and basil. Remove from heat.

Dietitian Note: Use low sodium vegetable broth.

Nutrition Info (per serving): Cal: 60, Total Fat: 2g, Sat Fat: 0g, Sodium: 270mg, Carbs: 9g, Protein: 2g, Sugar: 5g, Fiber: 2.5g

Food by FLIK

FIT

Mushroom Lentil “Meatballs”

Portion Size: 4 each

Yield: 6 servings



Ingredients:

Lentils	5 ounces	Rosemary, chopped	1 TBSP
InHarvest, Black Forest Blend	5 ounces	Madeira Wine	1 cup
Canola Oil	¼ cup	Salt	1 tsp
Shallots, chopped	1/3 cup	Black Pepper	½ tsp
Garlic, minced	2 TBSP	Panko Breadcrumbs	1 cup
Button Mushrooms, sliced	3 cups		

1. Cover lentils with water in a pot. Bring to a simmer and cook until tender. Drain.
2. In a separate pot, cover black forest lentil blend with water and bring to a simmer. Cook until tender. Drain.
3. Heat oil in a sauté pan. Cook shallots and garlic until softened. Add mushrooms, cook until caramelized. Add rosemary and deglaze pan with madeira. Reduce madeira until almost completely evaporated, about 7 minutes. Stir in salt and pepper.
4. Combine regular lentils (leave black forest lentil blend whole) and mushrooms mixture in a food processor. Pulse until smooth.
5. In a bowl mix, together mushroom/lentil puree, whole black forest blend lentils and bread crumbs until evenly combined. Using a tablespoon, portion mixture into 1.25oz balls and place on a parchment lined baking sheet. Bake in a 350°F oven until golden brown and heated through.

Chef Note: InHarvest's Black Forest Blend is a blend of green and black lentils. You can use any lentil blend. For more information: www.inharvest.com

Nutrition Info (per serving): Cal: 320, Total Fat: 10g, Sat Fat: 1g, Sodium: 350mg, Carbs: 38g, Protein: 14g, Sugar: 4g, Fiber: 7g

Food by FLIK

FIT

Grilled Corn and Scallion Ragout

Portion Size: ½ cup

Yield: 7 servings



Ingredients:

Red Bell Peppers	2 each	Whole Milk	1/3 cup
Corn on the Cob	2 each	Scallions, chopped	1 cup
Canola Oil	1-1/2 TBSP	Basil	4 leaves
Red Onion, diced	1 cup	Lemon Juice, fresh	1 TBSP
White Wine	¼ TBSP	Black Pepper	½ tsp
Heavy Whipping Cream	2 TBSP	Salt	¼ tsp

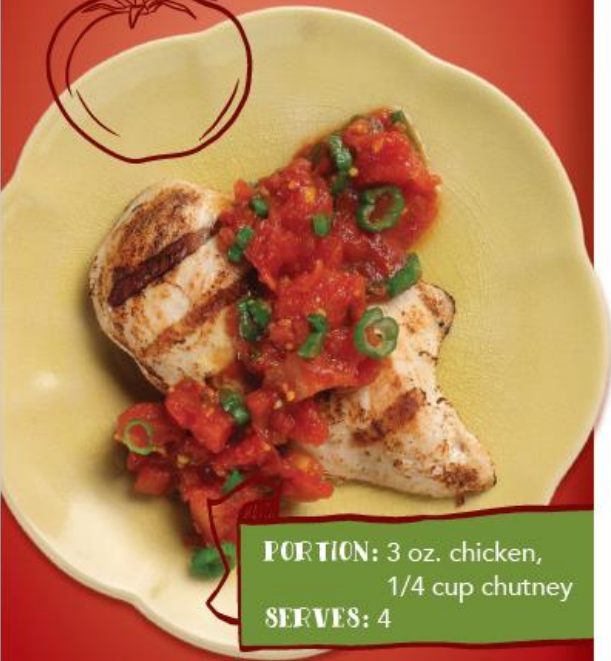
1. Roast whole red bell peppers over an open flame until thoroughly charred. Place in a metal bowl and cover with plastic wrap, rest for about 5 minutes. Peel skin and remove seeds. Dice roasted pepper. Reserve.
2. Shuck corn and grill cobs just until lightly charred, about 1 minute. Cut kernels from corn cobs. Reserve.
3. Heat oil in a pan and add onions to sweat lightly.
4. Add grilled corn and roasted pepper to pan, heat through. Add the wine and reduce until almost gone, about 3 minutes. Add cream and milk, simmer until thickened, about 15 minutes.
5. Tear basil into small pieces.
6. Remove pot from heat and fold in scallions, basil, lemon juice, salt and pepper.

Nutrition Info (per serving): Cal: 145, Total Fat: 6g, Sat Fat: 1.5g, Sodium: 80mg, Carbs: 22g, Protein: 4g, Sugar: 6g, Fiber: 3g

Food by FLIK

INDIAN SPICED Tomato Chutney

OVER GRILLED CHICKEN



PORTION: 3 oz. chicken,
1/4 cup chutney
SERVES: 4

INGREDIENTS

12 oz Grilled Chicken, Diced	2 Tbsp Red Wine Vinegar
1 Tbsp Olive Oil	2 Tbsp Light Brown Sugar
1/2 tsp Ginger Root, Minced	1 cup Canned Diced Tomatoes, No Salt Added, Drained
1/2 tsp Garlic Cloves, Minced	1/4 cup Green Onions, Sliced
1/8 tsp Mustard Seeds	1/8 tsp Salt
1/8 tsp Cumin Seeds	
1/8 tsp Turmeric	

METHOD

1. Heat a pan over medium heat and drizzle the olive oil. Add the aromatics (ginger, garlic, mustard seeds, cumin seeds, turmeric) into the pan and sauté until fragrant, about 2 minutes.
2. Add vinegar and brown sugar and bring to a boil until sugar is melted. Remove from heat and add the drained, diced tomatoes and scallions. Season with salt and serve over the cooked chicken.

NUTRITION FACTS

CALORIES	TOTAL FAT	SAT FAT	TOTAL CARB	PROTEIN	DIETARY FIBER	SODIUM
240	10g	1.5g	10g	26g	2g	210mg

Whole Wheat Penne

WITH TOMATO HERB SAUCE



PORTION: 1 cup pasta,
1/2 cup sauce
SERVES: 6

INGREDIENTS

1 1/2 lb Whole Wheat Penne Pasta, Cooked	1/2 tsp Crushed Red Pepper Flakes
1/4 cup Fresh Italian Parsley, Chopped	3/4 tsp Ground Black Pepper
Tomato Herb Sauce:	1/4 tsp Salt
1/2 cup Fresh Basil, Chopped	1 ea Red Onions, Cubed
1/2 cup Fresh Italian Parsley, Chopped	1/2 cup Cold Water
6 ea Plum Tomatoes	2 Tbsp Canola Oil
1 ea Garlic Cloves, Peeled	

METHOD

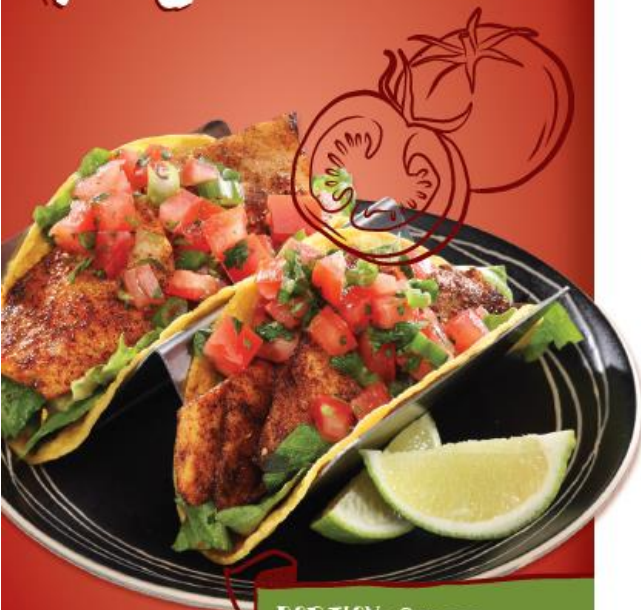
1. Prepare the pasta.
2. For the sauce, heat pan and add oil. Sauté the onion, tomato, garlic, basil, red pepper flakes and parsley. Simmer everything together for about 20 minutes. Add the salt and pepper. If the sauce is too thick, add a little water.
3. Combine thoroughly with the cooked pasta and serve sprinkled with fresh parsley.

NUTRITION FACTS

CALORIES	TOTAL FAT	SAT FAT	TOTAL CARB	PROTEIN	DIETARY FIBER	SODIUM
240	7g	0.5g	40g	8g	6g	290mg

TOMATO, LIME AND CILANTRO

Fish Tacos



PORTION: 2 tacos
SERVES: 4

INGREDIENTS

3 cups Medium Tomatoes, Seeded and Diced	1 1/2 tsp Ground Cumin
3/4 cup Green Onions, Sliced	4 ea Tilapia Fillet
1/4 cup, 1 Tbsp Lime Juice	1/8 tsp Salt
1 1/2 tsp Lime Zest	1/8 tsp Ground Black Pepper
1/4 cup Fresh Cilantro, Chopped	3 Tbsp Canola Oil
1/8 tsp Salt	12 ea Corn Tortilla, 6"
1/8 tsp Ground Black Pepper	1 1/2 cup Romaine Lettuce, Chopped
1 1/2 tsp Chili Powder	

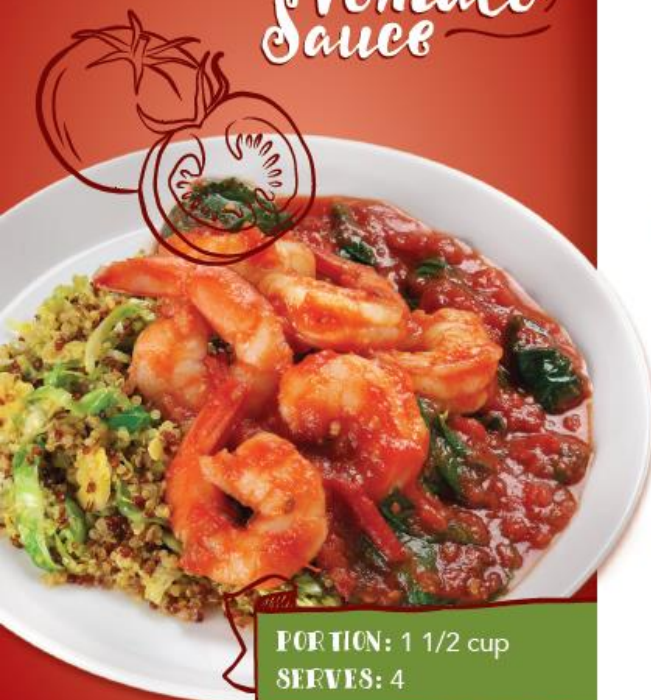
METHOD

- In a bowl combine the chopped tomatoes, cilantro, green onion, lime zest and lime juice. Season with salt and pepper.
- On a parchment lined baking tray, toss together the fish, chili powder, cumin, olive oil, salt and pepper. Place the fish in a single layer on the tray and bake for 5-8 minutes or until opaque and internal temperature reaches 165F.
- Wrap the tortillas in foil and warm for about 3 minutes in the oven. In each tortilla, add 3 Tablespoons of salsa, 2 oz. of fish and 1 Tablespoon of lettuce.

NUTRITION FACTS

CALORIES	TOTAL FAT	SAT FAT	TOTAL CARB	PROTEIN	DIETARY FIBER	SODIUM
330	11g	1.5g	32g	28g	6g	180mg

Shrimp in Tomato Sauce



PORTION: 1 1/2 cup
SERVES: 4

INGREDIENTS

1 Tbsp Minced Garlic Cloves, Fresh	1/8 tsp Ground Black Pepper
1 Tbsp Cumin Seed	2 Tbsp Canned Tomato Paste
1 Tbsp Ground Coriander	1 1/2 cup Crushed Tomatoes, No Salt Added
1 Tbsp Mustard Seeds	2 Tbsp Canola Oil
1 tsp Fennel Seeds	1/4 cup Low Sodium Vegetable Broth
1/4 tsp Ground Paprika	2 cups Baby Spinach
1/4 tsp Salt	1 lb Shrimp

METHOD

- Heat the oil in a skillet over medium high heat. When the oil is hot add the garlic, cumin seeds, coriander, mustard seeds, fennel seeds, paprika, salt and pepper and cook for 20 seconds. Stir in the tomato paste and cook for an additional 10 seconds. Stir the crushed tomatoes and vegetable broth into the skillet. Bring to a boil, then reduce heat to low and cook for 5 minutes. Turn off heat and set aside.
- Place peeled shrimp and spinach in the hot prepared tomato sauce and simmer until cooked through, about 2 minutes. Serve with rice or quinoa and vegetables such as Brussels sprouts.

Chef Tip: Homemade broth made from vegetable scraps works great in this recipe and helps reduce food waste.

NUTRITION FACTS

CALORIES	TOTAL FAT	SAT FAT	TOTAL CARB	PROTEIN	DIETARY FIBER	SODIUM
220	9.5g	1g	40g	29g	3g	295mg