

FIT

FLIK Chicken, Celery Root Tikka Masala, Brown Rice

Portion Size: 1-1/2 cups

Recipe Yield: 5

| | | | |
|----------------------------|----------|--|-----------|
| Olive Canola Oil Blend | 1TBSP | Crushed Tomatoes, Canned, with liquids | 1/3 cup |
| Chicken Breast, Raw, Cubed | 1-3/4 lb | Tikka Masala Curry Paste | 1/4 cup |
| Diced Celery Root | 8 oz | Green Peas, Frozen | 5-1/4 oz |
| Onions, Chopped | 2/3 cup | Heavy Whipping Cream | 1 TBSP |
| Chicken Broth | 1/3 cup | Brown Basmati Rice, Cooked | 2-1/2 cup |

1. Heat oil in a pan. Add cubed chicken and sear. Remove chicken from pan and set aside.
2. Add celery root to hot pan and sear until golden brown. Add onions and cook until softened. Stir in broth, seared chicken, crushed tomato, and tikka masala paste. Simmer for 20 minutes or until chicken is cooked through and tender.
3. Stir in peas, and heavy cream. Serve 1 cup chicken masala over 1/2 cup brown rice.

Nutrition Info (per serving):

Cal: 424; Total Fat: 12g; Sat Fat: 3g; Sodium: 384mg; Carbs: 38g; Protein: 40g; Fiber: 5g; Sugar: 5g

Food by FLIK

FIT

FLIK Turkey, Kale, Mushroom, Cannellini Cassoulet

Portion Size: 1-1/2 cups

Recipe Yield: 7

| | | | |
|--------------------------|---------|---------------------------|---------|
| Olive Canola Oil Blend | 1/4 cup | Crushed Red Pepper | 1 tsp |
| Ground Turkey, 10% Fat | 2 lb | Chicken Broth | 3 cup |
| Mushrooms, Sliced | 12 oz | Kosher Salt | 1/2 tsp |
| Kale, Chopped | 8 oz | Fresh Ground Black Pepper | 1/2 tsp |
| Cannellini Beans, Cooked | 1 lb | Cheese, Parmesan, Grated | 1/4 cup |

1. Heat oil in a pan. Add turkey and brown. Add mushrooms and sear. Add kale and cook until softened. Stir in beans, crushed red pepper, and chicken broth. Allow to simmer for about 10 minutes or until stock is slightly reduced.
2. Finish with salt and pepper. Garnish with parmesan.

Nutrition Info (per serving):

Cal: 401; Total Fat: 20g; Sat Fat: 4g; Sodium: 532mg; Carbs: 22g; Protein: 37g; Fiber: 6g; Sugar: 2g

Food by FLIK

FIT

FLIK Slow Cooker Mushroom and Barley Risotto

Portion Size: 1-1/2 cups

Recipe Yield: 5

| | | | |
|---------------------------|-----------|-----------------------------|-----------|
| Olive Canola Oil Blend | 1/4 cup | Fresh Ground Black Pepper | 1/2 tsp |
| Crimini Mushrooms, Sliced | 3 cups | Carrots, Chopped | 2 cup |
| Onions, Chopped | 1-1/2 cup | Vegetable Broth, Low Sodium | 3-1/2 cup |
| Thyme, Fresh, Chopped | 1-1/2 tsp | Cheese, Parmesan, Grated | 3 TBSP |
| Barley, Dry | 1-1/2 cup | Sherry Vinegar | 1 TBSP |
| Kosher Salt | 3/4 tsp | Parsley, Fresh, Chopped | 3 TBSP |

1. Heat oil in a sauté pan. Add mushrooms and sear until golden brown. Add onions, and thyme. Sweat until onions are translucent.
2. Stir in barley and toast until golden brown. Remove vegetables from heat.
3. Combine barley-vegetable mixture with salt, pepper, carrots, and broth in slow cooker set to med/high heat. Allow to cook for 3-4 hours or until liquid has been absorbed, and barley is just tender (careful not to overcook).
4. Stir in parmesan, and sherry vinegar. Garnish risotto with parsley.

Nutrition Info (per serving) :

Cal: 385; Total Fat: 13g; Sat Fat: 2g; Sodium: 555mg; Carbs: 61g; Protein: 10g; Fiber: 12g; Sugar: 6g

Food by FLIK

FIT

FLIK Slow Cooker Mexican Chicken Soup

Portion Size: 1 cup

Recipe Yield: 5

| | | | |
|-----------------------------------|---------|---------------------|-----------|
| Boneless, Skinless Chicken Breast | 8 oz | Ground Cumin | 1/2 tsp |
| Onions, Chopped | 1/2 cup | Cayenne Pepper | 1/8 tsp |
| Sweet Potatoes, Peeled, Diced | 1 cup | Kosher Salt | 1/2 tsp |
| Jalapeno, Minced | 2 TBSP | Chicken Broth | 1-1/2 cup |
| Crushed Tomatoes, No Added Salt | 3/4 cup | Black Beans, Cooked | 1 cup |
| Light Chili Powder | 1/2 tsp | Cilantro, Chopped | 2-1/2 tsp |
| | | Avocado, Diced | 1 each |

1. Butterfly chicken breasts to make them thinner for cooking. Combine chicken, onions, sweet potato, jalapeño, crushed tomato, chili powder, cumin, cayenne, salt and chicken broth in a slow cooker on med/high heat. Allow to cook for 2-3 hours, or until chicken is cooked through.
2. Remove and shred chicken, then add back to slow cooker. Add black beans to slow cooker and continue cooking on med/high heat for another 1-1.5 hours, or until sweet potatoes are tender.
3. Garnish each 1 cup portion of soup with 1/2 tsp of chopped cilantro, and 2 TBSP of diced avocado.

Nutrition Info (per serving):

Cal: 176; Total Fat: 4g; Sat Fat: <1g; Sodium: 427mg; Carbs: 20g; Protein: 15g; Fiber: 7g; Sugar: 4g

Food by FLIK