

FIT One Pot Lemon Braised Chicken Thighs, Artichokes, Green Beans, Orzo

Portion Size: 1 piece of chicken, 1 cup of rice Yield: 8 servings



Canola Oil	¼ cup
Chicken Thighs, boneless, skinless	1 ¾ pounds
Orzo, dry	2 cups
Garlic, fresh, minced	2 TBSP
Chicken Broth	1 quart
Green Beans	1 pound
Artichoke Hearts, canned quartered	1 cup
Salt	¾ tsp
Black Pepper, ground	½ tsp
Lemon Juice	¼ cups
Parsley, fresh chopped	½ cup
Lemon	1 each

1. In a Dutch oven or rondeau, heat oil. Sear chicken thighs until golden brown on both sides.
2. Stir orzo and garlic into Dutch oven with chicken. Allow orzo to toast slightly. Stir chicken broth into pot. Bring up to a simmer. Use a wooden spoon to stir scraping the bottom of the pot so that orzo does not stick.
3. Once liquid is about half absorbed, stir green beans into orzo.
4. Cook until green beans are tender and liquid is absorbed. Continue stirring frequently, orzo is more likely to stick to pot as more liquid is absorbed.
5. Stir artichokes into orzo mixture, cook until heated through.
6. Remove from heat, stir in salt, pepper, lemon juice and parsley.
7. Serve each portion with a lemon wedge.

Nutrition Info (per serving): Cal: 420, Total Fat: 14g, Sat Fat: 2g, Sodium: 560mg, Carbs: 47g, Protein: 27g, Sugar: 4g, Fiber: 5g

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FIT Sheet Pan Ginger, Honey, Shrimp & Vegetables

Portion Size: 2 cups Yield: 5 Servings



Ginger Root, minced	2 TBSP
Garlic, fresh, minced	2 ½ tsp
Low Sodium Soy Sauce	1 TBSP
Honey	2 TBSP
Sesame Seeds	1 ¼ tsp
Shrimp, peel and tail removed	1 ¼ pound
Yellow Bell Pepper, julienned	11 ounces
Red Onions, julienned	11 ounce
Broccoli, florets	14 ounces
Cooking Spray	as needed

1. In a bowl, whisk together ginger, garlic, soy sauce, honey and sesame seeds.
2. Toss shrimp, peppers, onions, and broccoli with marinade ingredients and allow to marinate for 1 hour or overnight.
3. Prepare a sheet tray with pan spray. Place shrimp and vegetables on prepared sheet tray.
4. Drizzle remaining marinade over shrimp and vegetables.
5. Roast in a 400°F oven until shrimp is cooked through and vegetables are tender and caramelized, about 12 minutes.

Dietitian Note: serve with a half cup of steamed brown rice per portion

Nutrition Info (per serving): Cal: 160, Total Fat: 2g, Sat Fat: 1g, Sodium: 490mg, Carbs: 19g, Protein: 18g, Sugar: 8g, Fiber: 3g

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Sheet Pan Salmon, Bok Choy and Crispy Sweet Potato Ribbons

Portion Size: See Details Below Yield: 4 servings



Canola Oil	¼ cup
Ginger Root, minced	2 TBSP
Jalapeno, fresh, minced	2 TBSP
Salt	¾ tsp
Black Pepper, ground	½ tsp
Salmon, filet	1 ¼ pound
Baby Bok Choy	4 heads
Spiralized Sweet Potato	4 cups
Cooking Spray	as needed

1. In a bowl, stir together oil, ginger, jalapeno, salt and pepper. Divide mixture in half. Set aside.
2. Cut raw salmon into 5 oz. filets. Take half of ginger-oil mixture and spread evenly over salmon filets. Place salmon filets on a sheet tray sprayed with cooking spray.
3. Trim end of stem from each baby bok choy. Cut each baby bok choy in half lengthwise.
4. Place bok choy cut side down on the same prepared sheet tray.
5. Toss remaining half of ginger-oil mixture in a bowl with spiralized sweet potato. Spread sweet potatoes on sheet tray with salmon and bok choy.
6. Bake sheet tray in a 375°F oven until salmon is cooked through, sweet potatoes are crispy and bok choy is tender (about 10 minutes).

Portion Size: 1 pc cooked salmon, 1 head of baby bok choy, 1/2 cup cooked sweet potato

Dietitian Note: Spiralized Sweet Potato can be purchased in the produce section of many grocery stores

Nutrition Info (per serving): Cal: 400, Total Fat: 23g, Sat Fat: 2.5g, Sodium: 500mg, Carbs: 17g, Protein: 31g, Sugar: 6g, Fiber: 3g

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Sheet Pan Tofu & Vegetable Fajitas

Portion Size: 2 fajitas

Yield: 5 servings



Garlic, fresh, minced	2 ¾ tsp
Lime Juice	3 TBSP
Canola Oil	½ tsp
Black Pepper	1 tsp
Cumin, ground	1 tsp
Chili Powder	1 ¾ tsp
Orange Juice	3 TBSP
Salt	½ tsp
Tofu, extra firm	1 pound
Red Onion, julienned	1 cup
Portobello Mushrooms, sliced	2.5 cups
Zucchini, sliced	2 cups
Red Bell Pepper, sliced	2 ½ cups
Cooking Spray	as needed
6 Inch Whole Wheat Tortilla	10 each
Lime Wedges	5 each

1. In a bowl, whisk together garlic, lime juice, oil, black pepper, cumin, chili powder, orange juice and salt.
2. Cut tofu blocks in half lengthwise. Cut tofu into 1/4" thick slices.
3. In a bowl, combine red onion, mushrooms, zucchini, bell peppers and tofu. Pour marinade over mixture and gently toss to combine. Allow to marinate for 1 hour or overnight.
4. Spray sheet trays with pan spray. Lay vegetables/tofu in a single layer (do not overcrowd pan). Pour excess marinade over vegetables and tofu. Roast in a 400°F oven until browned and vegetables are tender.
5. Warm or char 10 tortillas on an open flame. Top each tortilla with 1/2 cup of tofu vegetable mixture.
6. Serve each portion (2 each fajitas) with a lime wedge.

Nutrition Info (per serving): Cal: 370, Total Fat: 15g, Sat Fat: 4g, Sodium: 535mg, Carbs: 42g, Protein: 33g, Sugar: 7g, Fiber: 11g

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