

# Traditional Hummus

Portion Size: ¼ cup

Yield: 4 servings



## Ingredients:

Garbanzo Beans, Dry	4 ½ oz.
Lemon Juice	1 tbsp
Garlic, Chopped	1 tsp
Tahini (Sesame Paste)	½ oz.
Cilantro, Fresh, Chopped	1 tbsp
Salt	¼ tsp
Cayenne Pepper	1/8 tsp
Canola Oil	2 tbsp

1. Soak beans overnight in water.
2. In a pot of rapidly boiling water, cook the beans until VERY tender. Drain and chill thoroughly.
3. Place beans in a food processor with remaining ingredients and puree until smooth. Serve chilled.

Nutrition Info (per serving): Cal: 165, Total Fat: 9g, Sat Fat: <1g, Sodium: 125mg, Carbs: 15g, Protein: 5g, Sugar: 3g, Fiber: 4g

Food by FLIK

# Fattoush Salad (Flatbread, Tomato, Cucumber Salad)

Portion Size: ½ cup

Yield: 4 servings



## Ingredients:

Canola Oil	1 tsp
Whole Wheat Pita Bread	1 ½ oz
Cucumbers, Diced	3 ½ oz
Grape Tomatoes, Halved	2 oz
Red Onion, Finely Chopped	½ oz
Parsley, Fresh, Chopped	2 tsp
Mint, Fresh, Chopped	2 tsp
Extra Virgin Olive Oil	2 tsp
Lemon Juice	1 ½ tsp
Sumac, Ground	¼ tsp
Garlic, Minced	¼ tsp
Feta Cheese, Crumbled	1 ½ tbsp
Salt	1/8 tsp
Black Pepper	1/8 tsp

1. Cut pita into 1" wedges. Toss with oil and bake on a sheet tray at 350°F until golden brown and crispy, about 8 minutes. Allow pita to cool and break into smaller pieces.
2. In a bowl, toss pita chips, with remaining ingredients before serving.

Nutrition Info (per serving): Cal: 80, Total Fat: 4g, Sat Fat: 1g, Sodium: 150mg, Carbs: 9g, Protein: 2g, Sugar: 2g, Fiber: 1g

Food by FLIK

# **FIT** Lebanese Tabbouleh Salad

Portion Size: ¾ cup

Yield: 4 servings



## **Ingredients:**

Water	1 1/8 cup
Bulgur Wheat, Dry	2/3 cup
Cinnamon, Ground	1/3 tsp
Allspice, Ground	1/3 tsp
Red Onions, Finely Chopped	¼ cup
Salt	1/8 tsp
Lemon Juice	3 tbsps
Black Pepper	1/3 tsp
Mint, Fresh, Chopped	2 tsp
Italian Parsley, Fresh, Chopped	1 cup
Canola Oil	1 tsp
Tomatoes, Chopped	¾ cup

1. Bring water to a boil. Add bulgur wheat, cinnamon, allspice, red onion and salt. Cover the bowl with plastic wrap and allow bulgur to steam for 15-20 minutes.
2. In another bowl, combine the lemon juice, pepper, mint, parsley, and oil. Add tomatoes and combine with bulgur wheat mixture.

Nutrition Info (per serving): Cal: 115, Total Fat: 2g, Sat Fat: 0g, Sodium: 60mg, Carbs: 23g, Protein: 4g, Sugar: 3g, Fiber: 5g

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# **FIT** Baked Falafel

Portion Size: 4 each

Yield: 19 servings



## **Ingredients:**

Garbanzo Beans, Dry (Chickpeas)	½ lb
Yellow Onions, Finely Chopped	3 ¼ oz
Garlic, Minced	½ oz
Baking Powder	½ tsp
Lemon Juice	1 tbsps
Cilantro, Fresh, Chopped	¼ oz
Salt	¼ tsp
Cumin, Ground	¾ tsp
Black Pepper	¼ tsp
Cayenne Pepper	¼ tsp
Cooking Spray	As needed

1. Soak garbanzo beans in water overnight, drain.
2. In a food processor, pulse garbanzo beans until well ground. Do not puree. Add onions, garlic, baking powder, lemon juice, cilantro, salt, cumin, pepper, and cayenne. Pulse until mixture is evenly distributed and holds together when formed into a ball. Cover and refrigerate for 1 hour.
3. Prepare sheet tray with pan spray. Scoop 1 oz portions, roll into balls, and flatten slightly. Place on sheet tray and bake in at 350°F until slightly golden brown.

Nutrition Info (per serving): Cal: 190, Total Fat: 3g, Sat Fat: 0g, Sodium: 155mg, Carbs: 30g, Protein: 10g, Sugar: 6g, Fiber: 6g

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