

GINGER, HONEY, SHRIMP, VEGETABLES **FIT**

Portion Size: 2 cups

Yield: 5 servings



Shrimp, Peel and Tail Removed	1 1/4 pound
Yellow Bell Pepper, Julienned	3/4 pound
Red Onions, Julienned	3/4 pound
Broccoli, Florets	1 pound
Ginger Root, Minced	2 TBSP
Garlic, Fresh, Minced	2 1/2 tsp
Low Sodium Soy Sauce	1 TBSP
Honey	2 TBSP
Sesame Seeds	1 1/4 tsp
Cooking Spray	as needed

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

1. Toss shrimp, peppers, onion, and broccoli with ginger, garlic, low-sodium soy sauce, honey, and sesame seeds. Marinate in refrigerator for 1 hour or overnight.
2. Prepare a sheet tray with pan spray. Place shrimp, vegetables, and marinade on prepared sheet tray.
4. Roast in a 400°F oven until shrimp is cooked through and vegetables are tender and caramelized, about 12 minutes.

Food by **FLIK**

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

HARISSA SALMON BURGER, CUCUMBER DILL RELISH **FIT**

Portion Size: 1 each

Yield: 15 servings



Harissa Salmon Burger Ingredients:

Salmon Filet, Fresh	3 lb.
Harissa Seasoning	1/2 TBSP
Scallions, Fresh, Chopped	1/2 cup
Red Onions, Chopped	2 cups
Lemon Zest	1 tsp
Light Mayonnaise	1/2 cup
Black Pepper, Ground	1 tsp
Panko Breadcrumbs	1 cup
Cooking Spray	as needed
Whole Wheat Hamburger Buns	15 each

Dill Cucumber Relish Ingredients:

Rice Vinegar, Seasoned	1 1/2 cup
Dill, Fresh, Chopped	2 TBSP
Granulated Sugar	2 TBSP
Salt	1 tsp
Cucumbers, English, Diced	3 cups

Nutrition Info (per serving):
Cal: 320, Total Fat: 11g, Sat Fat: 2g,
Sodium: 480mg, Carbs: 30g,
Protein: 24g, Sugar: 6g, Fiber: 3g

1. Combine all ingredients for Relish. Marinate at least 1 hour before serving. Drain excess liquid prior to serving.
2. Roughly chop raw salmon or pulse in a food processor until in small pieces.
3. In a bowl, combine salmon, harissa, scallions, red onion, lemon zest, light mayonnaise, pepper, and panko breadcrumbs. Mix until evenly distributed.
4. Form into 4oz. patties.
5. Cook burgers over medium high heat (~2 minutes on each side) until an internal temperature of 155°F is reached.
6. Serve burger on a whole wheat bun with 1/4 cup cucumber relish.

Food by **FLIK**