

# FIT Tzatziki Chicken Salad Lettuce Wraps

Recipe Yield: 6 servings  
Serving: 2 each, filled lettuce wraps

## Tzatziki Sauce

Fat Free Plain Yogurt	1/3 cup, 1 T
Cucumber, seeded, diced	1/4 each
Garlic, minced	1/4 clove
White Wine Vinegar	1-3/4 tsp
Dill, fresh, chopped	3/4 tsp
Mint, fresh, chopped	3/4 tsp
Kosher Salt	pinch
Olive Oil	3/5 tsp

## Lemon Pepper Grilled Chicken

Chicken Breast, boneless, skinless	1 pound, 9 oz
Canola Oil	1-1/2 tsp
Kosher Salt	1/4 tsp
Black Pepper, ground	3/4 tsp
Lemon Juice, fresh	1 T
Lemon Zest, fresh	3/4 tsp

## Lettuce Wrap

Tzatziki Sauce	3/4 cup
Grilled Chicken	1 pound, 2 oz
Kosher Salt	pinch
Black Pepper, ground	pinch
Boston Bibb Lettuce	12 leaves
Dill Weed, fresh	1/2 oz

1. Combine all ingredients together for Tzatziki Sauce. Chill.
2. Toss chicken breasts in marinade ingredients. Grill until an internal temperature of 165°F is reached. Chill. Dice.
3. Tossed diced chicken with tzatziki sauce, salt and pepper.
4. Fill each Bibb lettuce leaf with 1/4 cup (2 oz wt) chicken salad. Garnish with 1/2" dill spring.

Nutrition Info (per serving):

Cal: 160; Total Fat:4.5g; Sat Fat: 1g; Sodium: 220mg; Carbs: 2.5g; Protein: 27g; Fiber: <1g; Sugar: 1.5g

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# FIT Grilled Portobello, Goat Cheese, Lettuce Wraps, Shallot Jam

Recipe Yield: 6 servings      Serving: 2 each, filled wraps

## Grilled Marinated Portobello

Portobello Mushroom, stems removed	6 each
Balsamic Vinegar	1 T
Garlic, minced	1-1/4 tsp
Black Pepper, ground	1/2 tsp
Canola Oil	1 T

## Shallot Jam

Shallots, sliced	1 cup
Balsamic Vinegar	1/2 cup
Light Brown Sugar	2 T
Canola Oil	1 T
Kosher Salt	pinch

## Lettuce Wrap

Boston Bibb Lettuce	12 leaves
Goat Cheese	6 T

1. Coat mushrooms in marinade ingredients. Marinate for at least 20 minutes. Grill on both sides until tender. Cool.
2. Shallot Jam: Heat oil in sauté pan. Cook shallots until softened. Add balsamic vinegar and brown sugar. Cook until mixture is reduced and thickened like jam. Stir in salt. Chill.
3. Fill each Bibb lettuce leaf with 1/2 each grilled portobello, 1/2 T goat cheese and 1/2 T shallot jam.

Nutrition Info (per serving):

Cal: 160; Total Fat: 8g; Sat Fat: 3g; Sodium: 120mg; Carbs:17g; Protein: 5.5g; Fiber: 2g; Sugar: 13g

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# Grilled Flank Steak Lettuce Wraps, Avocado Salad

Recipe Yield: 8 servings

Serving: 1 each, filled lettuce wrap

## Cilantro Lime Flank Steak

Garlic Cloves	2/3 oz
Serrano Peppers, fresh	1/4 oz
Canola Oil	2 T, 1 tsp
Cilantro, minced	1 T
Kosher Salt	pinch
Sugar	pinch
Lime Juice, fresh	1/4 cup

Flank Steak, raw

1 pound, 10 oz

## Lettuce Wrap

Avocado, diced	6 oz
Tomatoes, chopped fine	2 oz
Cilantro, chopped	1 T
Scallions, sliced thin	1 T
Lime Juice, fresh	1 T
Kosher Salt	1/2 tsp
Romaine Lettuce	8 leaves

1. Pre-heat oven to 350°F. On a parchment lined sheet tray, dry roast garlic and chilies until browned and soft (about 15 min. for garlic and 10 min. for chilies). Remove from oven. Remove any papery skins from garlic and stems from chilies.
2. In a food processor blend together Cilantro Lime marinade ingredients, slowly adding lime juice.
3. Pour marinade over flank steak; marinate in refrigerator overnight.
4. Grill flank steak until internal temperature of 130°F is reached.
5. For Avocado Salsa, combine avocado, tomato, cilantro, scallions, lime juice and salt.
6. Fill each Romaine lettuce leaf with 3 oz grilled steak, 1/4 cup avocado salsa.

Nutrition Info (per serving): Cal: 200; Total Fat: 11g; Sat Fat: 3g; Sodium: 150mg; Carbs: 3.5g; Protein: 21g; Fiber: 2g; Sugar: 1g

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# Vietnamese Grilled Shrimp Lettuce Wraps, Pickled Daikon and Carrot

Recipe Yield: 6 servings

Serving: 2 each, filled lettuce wraps

## Grilled Shrimp

Jump Shrimp, raw	36 each
Kosher Salt	1/2 tsp
Black Pepper, ground	1 T

## Pickled Daikon, Carrot

Daikon Radish, matchsticks	4 oz
Carrots, julienne	4 oz
Kosher Salt	1/4 tsp
Water, warm	4 T
Sugar	2 T
White Vinegar	1/4 cup, 1 T

## Lettuce Wrap

Boston Bibb lettuce	12 leaves
Cilantro, chopped	2 T
Lime, wedges	6 each

1. Coat shrimp with salt and pepper. Grill on medium heat until cooked through.
2. Toss daikon and carrot with salt. Let drain in a colander for 3 minutes, tossing occasionally. Remove daikon and carrots and place in a non-reactive container.
3. Whisk together warm water and sugar until sugar is dissolved. Stir in vinegar. Pour pickling liquid over daikon and carrots; allow to marinate overnight in refrigerator.
4. Fill each Bibb lettuce leaf with 3 shrimp, 2 Tbsp pickled daikon carrot mixture, 1/2 tsp cilantro. Garnish with a lime wedge.

Nutrition Info (per serving):

Cal: 110; Total Fat: 2g; Sat Fat: 0g; Sodium: 560mg; Carbs: 7g; Protein: 16g; Fiber: 2g; Sugar: 3g

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