Southwest Salad with Greek Yogurt Ranch

Dressing Portion Size: 1 fl oz

Yield: 13 servings Southwest Salad (incredients for 1 salad)



Southwest Salad (ingredients for 1 salad)	
Arugula	1 cup
Bell Peppers	1/4 cup
Red Onion	1/4 cup
Quinoa	1/2 cup
Chipotle BBQ Tofu	3 oz wt
Pico De Gallo	1/4 cup
Baked Tortilla Strips	1/2 oz
Greek Yogurt Ranch	1 fl oz

Greek Yogurt Ranch (ingredients for 13 servings of dressing)

Crook regult harron (ingredients for	io solvings of an
Fat Free Greek Yogurt	1 cup
White Wine Vinegar	1/4 ċup
Olive Oil	1/4 cup
Garlic, Fresh, Minced	1 tsp
Shallots, Fresh, Minced	1 TBSP
Chives, Minced	2 tsp
Parsley, Fresh, Chopped	2 tsp
Dill, Fresh, Minced	2 tsp
Salt	1/4 tsp
Black Pepper	1/2 tsp

- . Prepare salad with ingredient amounts listed above.
- 2. To prepare dressing: stir together until smooth, yogurt, vinegar, oil, garlic, shallots, chives, parsley, dill, salt, and pepper. Serve cold.

Nutrition Info (1 fl oz dressing): Cal: 50, Total Fat: 4g, Sat Fat: 1g, Sodium: 40mg, Carbs: 1g, Protein: 2g, Sugar: 1g, Fiber: 0g

Food by FLIK

Mediterranean Salad with Green Goddess Dressing

Dressing Portion Size: 1 fl oz Yield: 12 servings



Mediterranean Salad (ingredients for 1 salad)

Mixed Greens Bell Peppers, Diced 1/4 cup **Cherry Tomatoes** 1/4 cup Cucumber, Diced 1/4 cup Cooked Barley 1/2 cup Hard Boiled Egg 1 each Feta Cheese 1 TBSP Crispy Chickpeas 2 TBSP Green Goddess Dressing 1 fl oz

Green Goddess (ingredients for 12 servings of dressing)

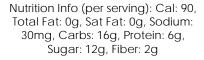
Light Mayonnaise	1/2 cup
Fat Free Plain Greek Yogurt	1/2 cup
Lemon Juice	2 TBSP
Skim Milk	1/4 cup
Garlic, Fresh, Minced	1/2 tsp
Hot Sauce	1/2 tsp
Green Onion, Chopped	3 tsp
Parsley, Fresh, Chopped	3 TBSP
Tarragon, Fresh, Chopped	1 tsp
Salt	1/2 tsp
Black Pepper	1/4 tsp

- 1. Prepare salad with ingredient amounts listed above.
- 2. To prepare dressing: In a blender, combine light mayo, plain Greek yogurt, lemon juice, skim milk, garlic, hot sauce, green onion, parsley, tarragon, salt, and pepper. Blend until smooth. Serve cold.

APPLE, CUCUMBER, SPINACH SMOOTHIE

Portion Size: 12 fl oz Yield: 1 serving





FOODS 3 TBSP

Fat Free Plain Greek Yogurt 3 TBSP Ice Cubes 3/4 cup Apple Juice 3 TBSP Granny Smith Apple, Peeled, Diced 1/3 cup Baby Spinach 1/3 cup Cucumber, English, Sliced 1/3 cup

1. Combine all ingredients in a blender and blend until smooth.

Food by FLIK

BABY KALE, CURRANT SALAD, HONEY I FMON VINAIGRETTE Portion Size: 1/2 cup Yield: 10 servings



Nutrition Info (per serving): Cal: 40, Total Fat: 2g, Sat Fat: 0g, Sodium: 60mg, Carbs: 6g, Protein: 1g, Sugar: 4g, Fiber: 1g Lemon Juice 2 tsp Garlic, Fresh, Minced 1/2 tsp Honey 2-1/2 tsp 2 TBSP Olive Oil Salt 1/4 tsp Black Pepper 1/8 tsp Baby Kale 8 oz wt Green Onions 1/4 cup Currants, Dried 1-1/3 oz wt

- 1. Combine the lemon juice with the garlic and honey and blend, slowly drizzle in the olive oil. Add salt and pepper.
- 2. Toss with kale, scallion, currants with dressing until well coated.

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