

# Southwest Salad with Greek Yogurt Ranch

Dressing Portion Size: 1 fl oz      Yield: 13 servings



## 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)

Fat Free Greek Yogurt	1 cup
White Wine Vinegar	1/4 cup
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

1. 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	1 cup
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.

Nutrition Info (1 fl oz dressing): Cal: 40, Total Fat: 3g, Sat Fat: 0.5g, Sodium: 145mg, Carbs: 1.5g, Protein: 1g, Sugar: <1g, Fiber: 0g

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# APPLE, CUCUMBER, SPINACH SMOOTHIE

Portion Size: 12 fl oz      Yield: 1 serving



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

Nutrition Info (per serving): Cal: 90,  
Total Fat: 0g, Sat Fat: 0g, Sodium:  
30mg, Carbs: 16g, Protein: 6g,  
Sugar: 12g, Fiber: 2g

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

Food by FLIK

# BABY KALE, CURRANT SALAD, HONEY LEMON VINAIGRETTE

Portion Size: 1/2 cup      Yield: 10 servings



Lemon Juice	2 tsp
Garlic, Fresh, Minced	1/2 tsp
Honey	2-1/2 tsp
Olive Oil	2 TBSP
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

Nutrition Info (per serving): Cal: 40,  
Total Fat: 2g, Sat Fat: 0g, Sodium:  
60mg, Carbs: 6g, Protein: 1g, Sugar:  
4g, Fiber: 1g

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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