

Spinach, Quinoa Salad, Greek Yogurt, Honey Dijon FIT

Dressing Portion Size: 1.5 fl oz

Dressing Yield: 10 servings



Spinach Quinoa Salad (ingredients for 1 salad)

Baby Spinach	1 cup
Cooked Quinoa	1/3 cup
Red Onion, julienne sliced	2 TBSP
Cucumber, diced	1/4 cup
Hard Boiled Egg, halved or diced	1 egg
Cooked Turkey Bacon, chopped	2 slices (2 tbsp)
Greek Yogurt, Honey Dijon Dressing	3 TBSP

Greek Yogurt, Honey Dijon (ingredients 15 fl oz of dressing)

Fat Free Greek Yogurt	1/2 cup
Olive Oil	1/4 cup
Dijon Mustard	1/4 cup
Honey	3 TBSP
Garlic, minced	1 tsp
Black Pepper	1/8 tsp
Salt	1/8 tsp
Lemon Juice	1/4 cup
Chives, minced	2 TBSP

1. Prepare salad with ingredient amounts listed above.
2. To prepare dressing: Place all ingredient except chives in a blender and blend until smooth. Stir in chives.

Nutrition info (1.5 fl oz dressing): Cal: 80, Total Fat: 1.5g, Sat Fat: 1g, Sodium: 150mg, Carbs: 7g, Protein: 1.5g, Sugar: 6g, Fiber: 0g

Nutrition Info (full salad): Cal: 350, Total Fat: 11g, Sat Fat: 3g, Sodium: 580mg, Carbs: 26g, Protein: 34g, Sugar: 2.5g, Fiber: 6g

Food by FLIK

Asian Tofu Salad, Golden Beet, Ginger, Turmeric Vinaigrette FIT

Dressing Portion Size: 1.5 fl oz

Dressing Yield: 10 servings



Asian Tofu Salad (ingredients for 1 salad)

Napa Cabbage, shredded	1 cup
Carrot, shredded	1/4 cup
Red Pepper, julienne sliced	1/4 cup
Scallion, sliced	2 TBSP
Brown Rice, cooked	1/3 cup
Baked Tofu, diced	1/4 cup
Edamame, shelled	1/4 cup
Golden Beet, Ginger, Turmeric Vinaigrette	1.5 fl oz

Golden Beet, Ginger, Turmeric Vinaigrette (ingredients for 15 fl oz of dressing)

Golden Beets	8 oz wt
Canola Oil	1 tsp
Turmeric, dried	1/4 tsp
Apple Cider Vinegar	1/3 cup
Honey	1 TBSP
Cayenne Pepper	1/8 tsp
Orange Juice	3 TBSP
Salt	1/2 tsp
Ginger Root, minced	1 TBSP
Canola Oil	3 TBSP

1. Prepare salad with ingredient amounts listed above.
2. Toss clean beets with oil. Wrap beets individually with foil. Place on a sheet tray and roast in a 350°F oven until very tender, about 1 hour. Cool, then peel beets. Discard peel.
3. In a blender, combine beets with turmeric, apple cider vinegar, honey, cayenne, orange juice, salt and ginger. Blend until very smooth. Continue blending while streaming in oil. Blend until incorporated and emulsified.

Nutrition info (1.5 fl oz dressing): Cal:60, Total Fat: 4g, Sat Fat: 0g, Sodium:120mg, Carbs: 5g, Protein: 0.5g, Sugar: 4g, Fiber: 0.5g

Nutrition Info (full salad): Cal: 260, Total Fat: 10g, Sat Fat: 1g, Sodium: 365mg, Carbs: 34g, Protein: 15g, Sugar: 12g, Fiber: 8g

Food by FLIK