

FIT Spicy BBQ Chicken Breast

Portion Size: 1 each

Yield: 6 servings



Ingredients:

Ginger, Fresh, Grated	1/8 tsp
Black Pepper	1/8 tsp
Tomato Paste	1/2 cup
Ketchup	1 tsp
Honey	1 1/2 tsp
Dark Molasses	1 tsp
Worcestershire Sauce	1 tsp
White Vinegar	1 tbsp
Cayenne Pepper	3/4 tsp
Garlic, Minced	1 1/2 tsp
Chicken Breast, Boneless, Skinless	6, 4 oz. pieces

1. For Spicy BBQ Sauce: Combine ginger, black pepper, tomato paste, ketchup, honey, molasses, Worcestershire sauce, vinegar, cayenne pepper and garlic in a saucepan. Simmer for 20 minutes, cool, and set aside.
2. Pour half of the BBQ sauce over chicken. Marinate for at least 1 hour, or overnight, in the refrigerator.
3. Preheat oven to 350°F. Place chicken on a parchment lined sheet pan and bake until chicken reaches 165°F.
4. Heat remaining BBQ sauce until warm.
5. Top each piece of chicken with 4 tablespoons of sauce.

Nutrition Info (per serving): Cal: 160, Total Fat: 3g, Sat Fat: 1g, Sodium: 120mg, Carbs: 6g, Protein: 26g, Sugar: 4g, Fiber: 1g

Food by FLIK

Vegan Dirty Rice

Portion Size: 1/2 cup

Yield: 6 servings



Ingredients:

Black Beans, Dry	1/3 cup
Vegetable Oil	2 tsp
Garlic, Minced	2 tsp
Yellow Onion, Chopped	1/3 cup
Celery, Finely Chopped	1/3 cup
Green Bell Peppers, Chopped	1/3 cup
Thyme, Fresh, Minced	2 tsp
Cayenne Pepper	1/3 tsp
Long Grain White Rice, Dry	1/2 cup
Vegetable Stock	1 cup
Okra, Sliced	1 oz
Tomatoes, Fresh, Diced	1/4 lb
Salt	1/3 tsp
Black Pepper	1/3 tsp

1. Cover black beans with water and soak overnight. Drain beans and place in a saucepan; cover with fresh water. Bring to a boil, reduce heat, and simmer until beans are tender. Drain, and set aside.
2. In a saucepan, heat oil over medium heat. Add garlic, onions and celery. Sauté for 5 minutes stirring frequently.
3. Add bell pepper, thyme and cayenne pepper. Sauté 2 minutes.
4. Pour the rice into the saucepan and stir to coat. Add vegetable stock and bring to a boil over high heat.
5. Cover the pan and turn the heat to low. Simmer the rice for 25 minutes, or until tender.
6. Stir in okra, tomatoes, and reserved black beans. Season with salt and pepper.

Nutrition Info (per serving): Cal: 120, Total Fat: 2g, Sat Fat: 0g, Sodium: 135mg, Carbs: 20g, Protein: 4g, Sugar: 1g, Fiber: 3g

Food by FLIK

Baked Beans

Portion Size: ½ cup

Yield: 6 servings



Ingredients:

Navy Beans, Dry	7 oz
Vegetable Oil	1 ¼ tsp
Garlic, Chopped	2 ½ tsp
Yellow Onions, Chopped	¼ cup
Water	1 ¼ qt
Dark Molasses	3 ½ tbsp
Brown Sugar, Dark	3 ½ tbsp
Ketchup	1/3 cup
Spicy Brown Mustard	1 tbsp
Salt	1/8 tsp
Black Pepper	1/8 tsp

1. Soak beans in water overnight. Drain beans and set aside.
2. Heat oil in a saucepan and sauté garlic and onions until browned.
3. Add water, molasses, sugar, ketchup, and mustard. Bring to a boil.
4. Add soaked beans and bring to a slow simmer.
5. Simmer beans for 4-5 hours, or until the beans are tender. It may be necessary to add more water from time to time to prevent burning and sticking.
6. Season with salt and pepper prior to serving.

Nutrition Info (per serving): Cal: 200, Total Fat: 1.5g, Sat Fat: 0g, Sodium: 190mg, Carbs: 42g, Protein: 8g, Sugar: 21g, Fiber: 5g

Food by FLIK

FIT Braised Mustard Greens

Portion Size: ½ cup

Yield: 6 servings



Ingredients:

Mustard Greens, Fresh	1 lb
Vegetable Oil	1 tbsp
Yellow Onion, Small Dice	½ lb
Salt	1/8 tsp
Black Pepper	1 tsp
Water	½ cup

1. Trim stems from the mustard greens and wash well. Chop coarsely.
2. Heat oil in skillet. Add onions and sauté until translucent.
3. Stir in greens. Add salt, pepper and water. Braise mustard greens until soft.

Nutrition Info (per serving): Cal: 60, Total Fat: 3g, Sat Fat: 0g, Sodium: 70mg, Carbs: 7g, Protein: 2g, Sugar: 3g, Fiber: 2g

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