

Grilled Scallion, Farro, Mint Salad, Lemon-Miso Dressing **FIT**

Portion Size: ½ cup

Yield: 10 servings



Farro, Cooked	1 lb.
Lemon Juice	2 TBSP
Lemon Zest	1 tsp
Canola Oil	2 TBSP
White Miso Paste	1 TBSP
Black Pepper, Ground	1/2 tsp
Non Stick Cooking Spray	as needed
Scallions, Green Onions	1/2 lb.
Mint, Fresh, Chopped	1/4 cup
Edamame, Shelled	1 cup
Carrots, Julienned	1 cup

1. Prepare farro according to package instructions. Cool.
2. In a bowl, mix together lemon juice, lemon zest, oil, miso paste and black pepper until combined. Set aside.
3. Preheat grill. Coat grill with non-stick cooking spray. Cook scallions until charred and soft. Let cool. Remove the roots and slice into 1" pieces.
4. In a bowl, mix farro, scallions, mint, edamame, carrots, and lemon-miso dressing.

Nutrition Info (1/2 cup salad): Cal: 110, Total Fat: 4g, Sat Fat: 0g, Sodium: 80mg, Carbs: 14g, Protein: 4g, Sugar: 1g, Fiber: 3g

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Sweet Potato, Kale, Ginger, Garam Masala Hash, Fried Egg **FIT**

Portion Size: 1 cup + 1 egg

Yield: 9 servings



Sweet Potatoes, Fresh	2-3/4 lb.
Canola Oil	1/3 cup
Mushrooms, Button, Sliced	1-1/2 lb.
Kale, Fresh, Chopped	1 lb.
Garam Masala	2 TBSP
Ginger Root, Grated	1/2 cup
Salt	1-1/2 tsp
Eggs	9 each
Non-stick Cooking Spray	as needed

1. Cut potatoes into ¾" cubes, leaving the skin-on. Steam just until softened (~15 minutes).
2. In a sauté pan, heat oil. Add par-cooked sweet potatoes, and mushrooms. Cook until browned (~7 minutes).
3. Add kale, garam masala, grated ginger, and salt. Mix and cook until kale is wilted. Hold hot.
4. Cook each egg (sunny side up or over easy).

Nutrition Info (1 cup, 1 egg): Cal: 305, Total Fat: 13g, Sat Fat: 2g, Sodium: 440mg, Carbs: 36g, Protein: 12g, Sugar: 12g, Fiber: 7g

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