Pesto Grilled Tofu, Tomato Herb Broth Bowl FIT



make every day
MEDITERRANEAN



Tomato Herb Broth (6 servings, 1 cup per bowl)

| Tomatoes, Canned, Including Liquids | 2 ½ cups |
|-------------------------------------|----------|
| Onion, Yellow, chopped | ½ cup |
| Celery, chopped | ¼ cup |
| Vegetable Stock | 5 cups |
| Salt | ¼ tsp |
| Garlic, Fresh, crushed | 4 cloves |
| Parsley, Fresh, chopped | 3 TBSP |
| Basil, Fresh, chopped | 3 TBSP |
| Oregano, Fresh, chopped | 1/4 tso |

Full bowl as pictured (ingredient for 1 bowl)

| Tomato Herb Broth | 1 cup |
|------------------------|---------|
| Pesto Grilled Tofu | 3 oz |
| Spiralized Zucchini | 3 oz |
| Tomatoes, Fresh, diced | ¹¼ cup |
| Roasted Eggplant | 1/4 cup |

Broth Preparation:

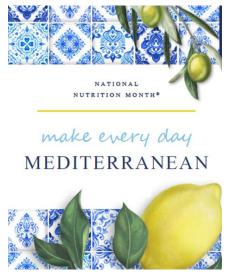
- 1. In a pot combine crushed tomatoes, yellow onion, celery, vegetable base, salt, and garlic. Bring up to a boil then reduce to a simmer. Simmer for 30 minutes.
- 2. Strain broth through a fine mesh strainer and discard solids.
- 3. Just before service stir parsley, basil, and oregano into broth.

RD Note: Broth can be served with any combination of Mediterranean inspired ingredients; to maintain health benefits opt for lean protein, whole grains and lots of veggies.

Nutrition Info (full bowl): Cal: 240, Total Fat: 14g, Sat Fat: 2g, Sodium: 450mg, Carbs: 215g, Protein: 21g, Sugar: 7g, Fiber: 6g

Food by FLIK

Lemon Pepper Chicken Broth Bowl FIT



Lemon Oregano Chicken Broth (8 servings, 1 cup per bowl)

Chicken Broth 2 quarts
Garlic, Fresh, Crushed 2 TBSP
Lemon Juice 1/4 cup
Shallots, chopped 2 TBSP
Lemon Zest 2 tsp
Oregano, Fresh, chopped 1/4 cup

Full bowl as pictured (ingredients for 1 bowl)

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| Lemon Oregano Chicken Broth | 1 cup | |
| Lemon Pepper Roasted Chicken | 3 oz | |
| Israeli Couscous (cooked) | ½ cup | |
| Roasted Fennel | ¼ cup | |
| Lemon Wedge | 1 ea | |
| Parsley, Fresh, chopped | ¼ tsp | |

Broth Preparation:

- 1. In a pot heat chicken broth. Combine chicken broth, garlic, lemon juice, shallots and lemon zest. Bring up to a simmer. Simmer for 15 minutes.
- 2. Strain broth and discard solids.
- 3. Stir chopped oregano into strained broth.

RD Note: Broth can be served with any combination of Mediterranean inspired ingredients; to maintain health benefits opt for lean protein, whole grains and lots of veggies.