

# Pesto Grilled Tofu, Tomato Herb Broth Bowl FIT



## 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	¼ 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	¼ cup
Roasted Eggplant	¼ 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

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# 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	¼ cup
Shallots, chopped	2 TBSP
Lemon Zest	2 tsp
Oregano, Fresh, chopped	¼ cup

## Full bowl as pictured (ingredients for 1 bowl)

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.

Nutrition Info (full bowl): Cal: 340, Total Fat: 6g, Sat Fat: 1g, Sodium: 410mg, Carbs: 39g, Protein: 32g, Sugar: 3g, Fiber: 4g

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