

FIT Sweet Potato Turkey Rachel, Slaw, Swiss

Portion Size: 1 sandwich

Yield: 6 servings



Russian Dressing:

Ketchup	2 tbsp
Horseradish	¼ tsp
Worcestershire Sauce	¼ tsp
Red Wine Vinegar	1 ¼ tsp
Lemon Juice	1 ¼ tsp
Heavy Whipping Cream	2 ½ tsp
Sour Cream	1 ¼ tsp
Green Onions, diced	2 tsp
Kosher Salt	1/8 tsp
Black Pepper	pinch
Light Mayonnaise	1/3 cup

Slaw:

Savoy Cabbage	2 ¼ oz
Granny Smith Apples	1 oz
Caraway Seed	½ tsp
Red Onions, sliced	½ oz
Apple Cider Vinegar	1 ½ tbsp
Lemon Juice	1 1/8 tsp
Honey	½ tsp
Kosher Salt	pinch
Black Pepper	pinch

Sandwich:

Sweet Potatoes	1 ½ lb
Cooking Spray	as needed
Deli Roast Turkey Breast	1 lb 2 oz
Swiss Cheese, sliced	3 oz

1. For Russian dressing: In a mixing bowl, combine all dressing ingredients and mix well. Hold in refrigerator.
2. For slaw: Chiffonade cabbage. Julienne slice apples. Toast caraway seeds. Combine all slaw ingredients and allow to sit overnight. When ready to serve, mix once more and drain excess liquid.
3. Use sweet potatoes at least 3" wide. Place a cooling rack in a baking sheet and prepare with cooking spray. Cut ends from sweet potatoes and slice into 1/3" thick rounds. Lay rounds flat on cooling racks. Bake in a 325°F oven until tender but firm. Cool.
4. For each "sandwich" layer: 1 sweet potato round, 1 tbsp Russian dressing, 3 oz turkey, ½ oz swiss cheese, ¼ cup slaw, 1 tbsp Russian dressing, 1 sweet potato round. Serve warm or cold.

Nutrition Info (per serving): Cal: 340, Total Fat: 13g, Sat Fat: 5g, Sodium: 570mg, Carbs: 28g, Protein: 30g, Sugar: 11g, Fiber: 4g

Food by FLIK

FIT Tofu Cucumber Banh Mi, Sriracha Light Mayo

Portion Size: 1 sandwich (1/4 cucumber)

Yield: 4 servings



Tofu:

Extra Firm Tofu	1 lb
Garlic, minced	¼ tsp
Kosher Salt	½ tsp
Black Pepper	¼ tsp
Lime Juice	2 ¼ tsp
Cilantro, chopped	2 ¼ tsp
Canola Oil	1 ½ tsp
Cooking Spray	as needed

Pickled Carrot and Daikon:

Carrots, julienned	2 ½ oz
Daikon, matchsticks	2 ½ oz
Kosher Salt	1/8 tsp
Granulated Sugar	1 tbsp
Warm Water	2 tbsp
White Vinegar	3 tbsp

Sandwich:

English Cucumbers	1 each
Sriracha Mayo	¼ cup
Cilantro Sprigs	1 oz

1. Cut tofu in half lengthwise. Press tofu between two baking sheets, overnight if possible, or for at least 2 hours.
2. Whisk together garlic, salt, pepper, lime juice, and cilantro. Pour over tofu and marinate at least 1 hour. Spray grill with cooking spray. Grill tofu halves until marked, about 1 minute on each side. Cut tofu into 1" cubes.
3. Toss carrot and daikon with salt. Place in mesh strainer and allow to sit for 3 minutes, tossing occasionally to help rid excess water. Place carrot and daikon in a non-reactive container. Whisk together warm water and sugar until sugar is dissolved. Stir in vinegar. Pour pickling liquid over carrots and daikon and marinate overnight. Drain.
4. Cut cucumbers in half lengthwise and then again widthwise. Use spoon to scrape seeds from cucumber creating a boat. Use a vegetable peeler to strip a peel off of the bottom of each cucumber boat so that they sit flat.
5. For Sriracha mayo: Combine 1 ½ tsp Sriracha Chili Sauce with ¼ cup light mayonnaise. Chill.
6. Top each ¼ cucumber "open faced sandwich" with: 3 oz cilantro lime tofu, 1 tbsp Sriracha mayo, ¼ cup pickled carrot and daikon, a few cilantro sprigs.

Nutrition Info (per serving): Cal: 195, Total Fat: 12g, Sat Fat: 2g, Sodium: 360mg, Carbs: 10g, Protein: 15g, Sugar: 4g, Fiber: 3g

Food by FLIK

FIT Salmon Salad, Arugula, Zucchini “Bread” Sandwich

Portion Size: 1 sandwich

Yield: 4 servings



Ingredients:

Salmon Fillet, Fresh	14 oz
Canola Oil	1 tbsps
Kosher Salt	¼ tsp
Black Pepper	¼ tsp
Light Mayonnaise	¼ cup
Lemon Juice	2 tsp
Red Onions, chopped fine	3 tbsps
Capers, drained, chopped fine	1 ½ tsp
Black Pepper	pinch
Zucchini	2 each
Cooking Spray	as needed
Arugula	1 cup

1. Toss salmon with oil, salt, and pepper. Place on parchment lined baking sheet and roast in 350°F oven until cooked through. Cool. Flake salmon into small pieces and mix with mayonnaise, lemon juice, onion, capers, and black pepper.
2. Remove ends from zucchini. Cut in half lengthwise, then in half widthwise. Use spoon to scrape the seeds from zucchini, creating a zucchini boat. Use a vegetable peeler to cut a strip on bottom halves of zucchini “bread” to keep from toppling over. Each zucchini makes 4 pieces of “bread” for 2 sandwiches.
3. Spray grill with cooking spray. Grill both sides of zucchini until marked but still al dente. Chill.
4. For each portion, layer: flat bottomed zucchini, 3 ½ oz of salmon salad, ¼ cup arugula, top piece zucchini

Nutrition Info (per serving): Cal: 230, Total Fat: 14g, Sat Fat: 2g, Sodium: 300mg, Carbs: 5g, Protein: 21g, Sugar: 3g, Fiber: 1g

Food by FLIK

FIT Teriyaki Chicken, Rice, Avocado, Collard Green “Wrap”

Portion Size: 1 sandwich

Yield: 4 servings



Teriyaki Marinade:

Ginger Root, Fresh, peeled, sliced	2/3 oz
Water	2 cup
Mirin Sweet Cooking Wine	1 ½ tbsps
Granulated Sugar	2 oz
Green Onions, chopped	2/3 oz
Sherry Cooking Wine	1 tbsps
Less Sodium Soy Sauce	1/3 cup

Wrap:

Homemade Teriyaki Sauce	½ cup
Chicken Breast, Boneless, Skinless	1 lb
Cooking Spray	as needed
Brown Basmati Rice, cooked	2 cups
Collard Greens	10 oz
Avocado, sliced	8 oz
Lime Juice	1 tbsps
Carrots, julienned	1 cup
Red Bell Pepper, julienned	6 oz

1. For marinade: Place all marinade ingredients into a pot and bring to boil. Lower heat to simmer for about 30 minutes. Remove from heat. Remove ginger and scallion. Cool completely and reserve.
2. For teriyaki sauce: Combine 2 tbsps soy sauce, 1 ¾ tsp vinegar, ½ tsp chopped garlic cloves, 1/3 cup apple juice, ¼ tsp sugar, 1 tsp ginger, and 1 ¼ tsp honey. Bring to boil. Mix together 1 ½ tsp cornstarch and 1 tsp water to make a slurry, add to the sauce, and simmer until slightly thickened.
3. Marinate chicken in teriyaki marinade for 2 hours. Discard excess marinade. Mark chicken on hot grill and finish in the oven; cook to internal temperature of 165°F. Slice chicken breast.
4. Wash 2/3 cup dry brown rice and soak for 30 minutes. Drain. Boil 1-1/3 cup water, add rice, and cook 5 minutes.
5. Cut protruding stems off collard leaf. Lay flat, steam until slightly softened. Drizzle sliced avocado with lime juice.
6. In center of each collard leaf wrap place: 4 oz sliced chicken breast, 2 tbsps teriyaki sauce, ½ cup rice, 2 slices avocado, ¼ cup julienned carrot, ¼ cup julienned pepper. Wrap leaf up like a burrito and cut in half.

Nutrition Info (per serving): Cal: 430, Total Fat: 13g, Sat Fat: 2g, Sodium: 540mg, Carbs: 46g, Protein: 32g, Sugar: 12g, Fiber: 8g

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