

RED CABBAGE SLAW, DRIED CHERRIES



Nutrition Info (per serving): Cal: 70,
Total Fat: 0g, Sat Fat: 0g, Sodium:
188 mg, Carbs: 14g, Protein: 1g,
Sugar: 9g, Fiber: 2g

Portion Size: ½ cup

Yield 6 servings

Red Cabbage, shredded	3 cup
Red Onions, julienne sliced	1/2 cup
Dried Cherries	4 tbsp
Salt	1/4 tsp
Black Pepper, ground	1/8 tsp
Sherry Vinegar	3 tbsp
Olive Oil	1 tsp
Salt	1/4 tsp
Sugar	1/2 tsp
Lime Juice	1 tsp
Jalapeno Peppers, minced	1 tsp
Black Pepper, ground	1/8 tsp

1. Toss the cabbage with onions, cherries, salt, and pepper; allow to sit in a colander for about 2 hours until the cabbage bleeds out water.
2. Combine vinegar, oil, salt, sugar, lime juice, jalapeno and pepper to create a dressing.
3. Toss dressing with the cabbage. Chill.

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CAULIFLOWER FRIED "RICE" FIT



Nutrition Info (per serving): Cal: 75,
Total Fat: 5g, Sat Fat: 1g,
Sodium: 210mg, Carbs: 5g, Protein: 3g,
Sugar: 2g, Fiber: 2g

Portion Size: ½ cup

Yield: 6 servings

Cauliflower, rough chopped	1 pound
Green Peas, fresh or frozen	½ cup
Carrots, diced	½ cup
Sesame Oil	1 tsp
Canola Oil	1 tbsp
Ginger, minced	1 tbsp
Egg Whites	1 each egg
Soy Sauce	2 tbsp
Scallions, chopped	1 tbsp

1. Place small batch of chopped cauliflower in a food processor, pulse until the size of rice. Continue until all cauliflower is rice-size.
2. Blanch carrots and peas in hot water, then shock in an ice bath.
3. Heat sesame and canola oils in a pan. Add cauliflower rice and ginger. Stir fry until cauliflower is lightly browned.
4. Add carrots and peas to pan. Cook until heated through and tender.
5. Push veggies to the sides, creating a space in the center of the pan.
6. Pour in egg whites. Let them sit to slightly set, then stir until scrambled.
7. Mix eggs into cauliflower and vegetables.
8. Stir in soy sauce and green onion. Cook until soy sauce is absorbed.

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