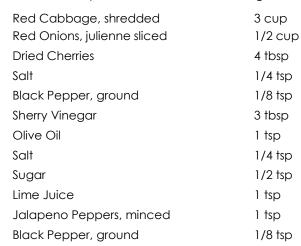
## RED CABBAGE SLAW, DRIED CHERRIES



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





- 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.
- 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 ainger. 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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