

Chocolate Hummus

Portion Size: ¼ cup

Yield: 7 servings



Ingredients:

Garbanzo Beans, dry	3 ¾ oz
Semi Sweet Chocolate Chips	1/3 cup
Cocoa Powder	2 tbsp
Maple Syrup	4 tbsp
Skim Milk	3 tbsp
Salt	¼ tsp
Vanilla Extract	2 ¼ tsp

1. Soak garbanzo beans overnight.
2. Cover garbanzo beans with water and cook until very tender (beans should be starting to split).
3. Drain beans.
4. Melt chocolate chips over a double boiler.
5. In a food processor, combine cooked garbanzo beans, melted chocolate, cocoa, maple syrup, skim milk, salt, and vanilla.
6. Process until smooth.

Dietitian Note: Pair with fresh fruit

Nutrition Info (per serving): Cal: 140, Total Fat: 4g, Sat Fat: 2g, Sodium: 105mg, Carbs: 24g, Protein: 4g, Sugar: 13g, Fiber: 3g

Food by FLIK

Butternut Squash, Queso Dip

Portion Size: ¼ cup

Yield: 6 servings



Ingredients:

Butternut Squash	12 oz
Oil	½ tsp
Red Onions, fine chopped	3 tbsp
Garlic, minced	1 tsp
Pepper Jack Cheese, shredded	½ cup
Canned Diced Tomato, No Added Salt, drained	1/3 cup
Jalapeno Peppers, minced	2 tbsp
Chili Powder	¼ tsp
Cumin, ground	¼ tsp
Salt	1/8 tsp

1. Preheat oven to 350°F.
2. Cut butternut squash in half lengthwise, scrape and discard seeds from halves.
3. Wrap butternut squash halves in foil and bake until very tender, about 1 hour.
4. Scrape flesh from squash and place in high powered blender. Blend until very smooth.
5. Heat oil in a sauté pan. Sweat onions and garlic until translucent. Add to the blender with shredded pepper jack cheese and blend until very smooth.
6. Place butternut squash mixture in a bowl and stir in tomatoes, jalapeno, chili powder, cumin and salt.
7. Place in baking dish and bake until heated through and cheese is melted.

Dietitian Note: Pair with vegetable crudité

Nutrition Info (per serving): Cal: 90, Total Fat: 5g, Sat Fat: 3g, Sodium: 146mg, Carbs: 7g, Protein: 4g, Sugar: 2g, Fiber: 1g

Food by FLIK

Greek Yogurt, Spinach and Artichoke Dip

Portion Size: ¼ cup

Yield: 6 servings



Ingredients:

Baby Spinach	7 oz
Shallots, minced	2 tbsp
Garlic, minced	½ tsp
Fat Free Greek Yogurt	3 tbsp
Neufchatel Cream Cheese	2 tbsp
Parmesan Cheese, grated	2 tbsp
Canned Artichoke Hearts, chopped	5 oz
Part Skim Mozzarella Cheese, shredded	1/3 cup
Black Pepper	1/8 tsp

1. Steam spinach until wilted. Squeeze out excess water. Roughly chop spinach and set it aside.
2. In a food processor combine shallots, garlic, fat-free Greek yogurt, Neufchatel cream cheese and parmesan. Pulse until smooth.
3. In a bowl, stir together artichoke hearts, mozzarella, black pepper, spinach and Greek yogurt mixture.
4. Bake until bubbling and golden brown, about 20-30 minutes.

Dietitian Note: Pair with vegetable crudité

Chef's Note: Neufchatel is reduced fat cream cheese

Compare the Difference: Traditional Spinach Artichoke Dip vs Greek Yogurt Spinach Artichoke Dip

Traditional Spinach Artichoke Dip: ¼ cup portion, 260 calories, 8g sat fat, 350mg sodium

Greek Yogurt Spinach Artichoke Dip: ¼ cup portion, 70 calories, 2g sat fat, 200mg sodium

Nutrition Info (per serving): Cal: 70, Total Fat: 3g, Sat Fat: 2g, Sodium: 200mg, Carbs: 6g, Protein: 5g, Sugar: 1g, Fiber: 2g

Food by FLIK

Black Bean Dip, Cheddar, Tomato Dip

Portion Size: ¼ cup

Yield: 7 servings



Ingredients:

Black Beans, dry	3 oz	Tomatoes, canned, diced	1/3 cup
Salt	¼ tsp	Corn Kernels	1/3 cup
Jalapeno Peppers, diced	2 tbsp	Reduced Fat Cheddar Cheese, shredded	3 tbsp
Salsa	3 tbsp	Cherry Tomatoes, halved	1/3 cup
Cumin	½ tsp	Scallions, chopped	1 tsp
Red Chili Pepper Flakes	1 tsp	Cilantro, chopped	1 tsp
Chili Powder	½ tsp	Lime Juice	1 tsp
Reduced Fat Cheddar Cheese, shredded	3 tbsp		

1. Soak beans overnight. Cover beans in a pot with water and bring up to a simmer. Cook until tender. Drain.
2. In a food processor, combine HALF of the cooked beans, salt, jalapenos, salsa, cumin, red pepper flakes, chili powder and cheddar. Process until smooth.
3. Stir remaining cooked whole beans, diced tomatoes and corn into pureed bean mixture.
4. Place mixture in a baking dish and top with cheddar cheese. Bake in a 350°F degree oven until heated through and cheese is melted, about 15-20 minutes.
5. In a bowl, toss together tomatoes, green onion, cilantro, and lime juice. Just before serving top bean dip with tomato salad.

Dietitian Note: Pair with vegetable crudité

Nutrition Info (per serving): Cal: 75, Total Fat: 2g, Sat Fat: 1g, Sodium: 165mg, Carbs: 11g, Protein: 3g, Sugar: 2g, Fiber: 3g

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