

FIT Roasted Acorn Squash Wedge

Portion Size: 2 wedges

Yield: 6 servings



Ingredients:

Acorn Squash	3 each
Oil	2 tbsp
Black Pepper, ground	1 tsp

1. Preheat oven to 350°F
2. Clean and scrape seed from squash, leave skin on
3. Cut raw acorn squash into 4 ounce wedges
4. Toss with oil and black pepper and place acorn squash wedges on baking sheet, skin side down
5. Bake at 350°F for 20-25 minutes or until fork tender

Nutrition Info (per serving): Cal: 140, Total Fat: 5g, Sat Fat: 0g, Sodium: 5mg, Carbs: 27g, Protein: 2g, Sugar: 0g, Fiber: 8g

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FIT Roasted Butternut Squash Wedge

Portion Size: 4 wedges

Yield: 5 servings



Ingredients:

Butternut Squash	3 lb
Oil	2 tbsp + 2 tsp
Salt	¼ tsp
Black Pepper, ground	¼ tsp

1. Preheat oven to 350°F
2. Peel butternut squash with a peeler or pairing knife
3. Cut squash in half; scrape out and discard seeds
4. Cut butternut squash into ¾ inch thick wedges and toss wedges with oil, salt and pepper
5. Place on baking sheet and roast at 350°F until tender and golden brown

Nutrition Info (per serving): Cal: 170, Total Fat: 8g, Sat Fat: 0.5g, Sodium: 100mg, Carbs: 27g, Protein: 2g, Sugar: 5g, Fiber: 5g

Food by FLIK

FIT Black Pepper Sweet Potato Wedges

Portion Size: 6 wedges

Yield: 4 servings



Ingredients:

Sweet Potatoes	3 each
Oil	2 tbsp
Salt	1/8 tsp (pinch)
Black Pepper, ground	1/2 tsp

1. Preheat the oven to 450°F
2. Wash sweet potatoes with brush to remove any dirt; leave skins on
3. Slice each sweet potato lengthwise to 8 wedges
4. Toss with oil, salt and pepper and place on baking sheet
5. Roast at 450°F until crisp and golden

Nutrition Info (per serving): Cal: 230, Total Fat: 6g, Sat Fat: 0.5g, Sodium: 115mg, Carbs: 41g, Protein: 4g, Sugar: 3g, Fiber: 3g

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Chili Spiced Potato Wedges

Portion Size: 5 wedges

Yield: 8 servings



Chili Spice Rub:

Garlic Powder	2 tsp
Salt	1/4 tsp
Black Pepper, ground	2 3/4 tsp
Cumin, ground	2 1/2 tsp
Onion Powder	1/2 tsp
Fresh Cilantro, chopped	2 3/4 tsp
Chili Powder	3/4 tsp

Potato Wedges

Baking Potatoes	5 each
Oil	1 tbsp
Green Scallions	1/4 bunch

1. Preheat oven to 475 °F
2. Mix all ingredients for spice rub together and set aside
3. Scrub potatoes, dry, and cut each potato lengthwise into 8 wedges
4. Toss with oil and lay on baking sheet in a single layer
5. Bake at 475°F until golden brown, approximately 20 minutes
6. While still hot, toss potatoes with chili spice rub
7. Sprinkle with chopped scallions and serve

Nutrition Info (per serving): Cal: 210, Total Fat: 3g, Sat Fat: 0g, Sodium: 190mg, Carbs: 44g, Protein: 5g, Sugar: 4g, Fiber: 4g

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