

FIT

Stuffed Avocado with Chicken Salad

Recipe Yield: 2 servings

Serving: ½ avocado

Grilled Chicken Recipe

Chicken Breast, boneless, skinless	5 oz	Scallions, diced	2 tsp
Canola Oil	1/2 tsp	Cilantro, chopped	2 tsp
Kosher Salt	1/8 tsp	Tomato, diced	1 ounce
Black Pepper, ground	1/8 tsp	Light Mayonnaise	2 tsp
		Chipotle Peppers in Adobo Sauce	1/3 tsp
		Avocado	1 each
		Lime Juice, fresh	1/3 tsp

1. Toss chicken breasts in oil. Sprinkle with salt and pepper. Grill until an internal temperature of 165°F is reached. Cool.
2. Dice grilled chicken breast and mix with scallions, cilantro and tomatoes.
3. In a separate bowl, mix together mayonnaise and chipotle chilies. Toss chipotle mayonnaise with the chicken salad ingredients until well combined.
4. Cut avocados in half. Discard pits, do not peel (leave skin intact). Cut a sliver of the skin off of the bottom of each half so that avocado's sit flat, instead of tilting once they are stuffed.
5. Top each avocado half with 1/4 cup of chicken salad. Sprinkle lime juice over top.

Nutrition Info (per serving):

Cal: 235; Total Fat:15g; Sat Fat: 2g; Sodium: 165mg; Carbs: 8g; Protein: 19g; Fiber: 5g; Sugar: 1g

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Buffalo Chicken and Blue Cheese Stuffed Avocado

Recipe Yield: 4 servings

Serving: ½ avocado

Buffalo Chicken Recipe

Boneless Skinless Chicken Breast	1 ¼ lb	Franks Red Hot Sauce	2 tsp
Franks Red Hot Sauce	4 TBSP	Avocado	2 each
Ground Black Pepper	¼ tsp	Blue Cheese Crumbles	¼ cup

1. Marinate chicken, black pepper, and hot sauce for at least 4 hours.
2. Mark chicken on hot grill, finish in oven; cook to internal temperature of 165°F. Cool chicken. dice into 1/2 inch pieces.
3. Toss diced chicken with hot sauce.
4. Cut avocados in half. Discard pits, do not peel (leave skin intact). Cut a sliver of the skin off of the bottom of each half so that avocado's sit flat, instead of tilting once they are stuffed.
5. Top each avocado half with 1/4 cup of buffalo chicken, and 1 tbsp. of blue cheese crumbles.
6. Bake in a 350°F oven until blue cheese is melted, and golden brown, about 8 minutes.

Nutrition Info (per serving):

Cal: 225; Total Fat: 15g; Sat Fat: 3.5g; Sodium: 375mg; Carbs:7g; Protein: 17g; Fiber: 5g; Sugar: <1g

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Charred Maple-Curry Broccoli and Tofu Avocado

Canola Oil	4 tsp	Crushed Chili Red Pepper Flakes	1/8 tsp	Recipe Yield: 4 servings
Lemon Juice	3 tsp	Broccoli Spears	2 2/3 ounces	Serving: 1/2 avocado
Kosher Salt	1/4 tsp	Cooking Spray	As needed	
Ground Black Pepper	1/4 tsp	100% Maple Syrup	1 1/2 tsp	
Firm Tofu	4 1/2 ounces	Extra Virgin Olive Oil	1 1/8 tsp	
Dijon Mustard	5/8 tsp	Curry Powder	1/8 tsp	

1. In a bowl whisk together 2 tsp canola oil, 1/2 tsp lemon juice, 1/8 tsp salt, and 1/8 tsp pepper.
2. Cut avocados in half. Discard pits (do not peel; leave skin intact). Cut a sliver of the skin off of the bottom of each half so that avocado's sit flat, instead of tilting once they are stuffed. Brush avocados with oil/lemon juice mixture. Grill avocados face-down until grill-marked and slightly charred. Hold avocados hot.
3. Press tofu for at least 1 hour to rid of excess water. Slice tofu blocks into thirds lengthwise.
4. Whisk together 2 tsp canola oil, mustard, chili flake, 1/8 tsp salt, 1/8 tsp pepper, and 1 tsp lemon juice. Pour 2/3 of marinade over tofu, and remaining marinade over broccoli (in a separate bowl). Allow tofu and broccoli to marinate for at least 1 hour.
5. Discard excess marinade. Grill tofu and broccoli until tofu has nice grill marks, and broccoli is charred. Chop broccoli into 1/2" pieces, and tofu into 1/2" cubes. Combine and hold mixture hot.
6. For dressing, whisk together maple syrup, olive oil, 1 1/2 tsp lemon juice and curry powder.
7. Top each avocado half with 1/4 cup of broccoli tofu mixture, and 1 tsp. of curry dressing.

Nutrition Info (per serving):

Cal: 230; Total Fat:19g; Sat Fat: 2.5g; Sodium: 130mg; Carbs: 11g; Protein: 19g; Fiber: 6g; Sugar: 2g

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Shrimp and Mango Stuffed Avocado Salad

Recipe Yield: 4 servings
Serving: 1/2 avocado

Avocado	2 each	Medium Shrimp	8 1/2 ounces
Canola Oil	1 5/8 tsp	Red Onion ,chopped	2 1/8 tbsp
Lime Juice	3 tsp	Mango, diced	1/4 cup
Kosher Salt	1/4 tsp	Extra Virgin Olive Oil	1 5/8 tsp
Black Pepper, ground	1/4 tsp	Cilantro, chopped	1 1/8 tsp
		Cilantro Sprigs, fresh	1/4 ounce

1. In a bowl whisk together canola oil, 1/2 tsp lime juice, 1/8 tsp salt, and 1/8 tsp pepper.
2. Cut avocados in half. Discard pits (do note peel; leave skin intact). Cut a sliver of the skin off of the bottom of each half so that avocado's sit flat, instead of tilting once they are stuffed. Brush avocados with oil/lime juice mixture. Grill avocados face-down until grill-marked and slightly charred. Chill avocados to serve cold.
3. Thaw and remove tails from shrimp. Bring a pot of water up to a simmer. Poach shrimp in water just until cooked to 145°F. Immediately shock shrimp in an ice bath. Chop shrimp into 1/4" pieces.
4. In a bowl, toss together onion, mango, 2 1/2 lime juice, olive oil, 1/8 tsp salt, 1/8 tsp pepper, cilantro and shrimp.
5. Top each avocado half with 1/4 cup of shrimp salad. Garnish each serving with a cilantro leaf.

Nutrition Info (per serving):

Cal: 200; Total Fat: 15g; Sat Fat: 2.2g; Sodium: 340mg; Carbs:9.5g; Protein: 9.5g; Fiber: 5g; Sugar: <2g

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