

FIT Shrimp, Barley Risotto, Mushrooms, Butternut Squash



Barley Risotto:	<i>recipe makes 4, 3/4 cup servings of risotto</i>
Dry White Wine	3-1/2 tbsp
Vegetable Broth, low sodium	2 1/2 cup
Unsalted Butter	1/2 ounce
Canola Oil	2 1/2 tsp
Onions, fine chopped	3 1/2 ounces
Barley, dry	1 1/4 cup
Kosher Salt	1/4 tsp
Black Pepper	1/2 tsp
Parsley, fresh, chopped	3 tbsp
Parmesan Cheese, grated	1 ounce

1. Over medium heat, combine dry white wine and vegetable broth. Cover and heat until simmering. Hold hot.
2. Heat butter and oil in a rondeau. Add onions, and sweat until translucent. Add barley; stir to coat with butter and lightly toast.
3. Gradually add broth to barley one cup at a time, allowing broth to be absorbed each time before adding more. Repeat process until all broth/wine mixture has been absorbed by barley, and barley is tender.
4. Remove risotto from heat. Stir in salt, pepper, parsley, and parmesan.

Dietitian Suggested Plate: For each serving, top 3/4 cup barley risotto (recipe above) with 1/2 cup cooked shrimp, 1/4 cup roasted mushrooms, and 1/4 cup roasted butternut squash. Nutrition information provided below for 1-plate, as suggested here.

Nutrition Info (per serving): Cal: 490, Total Fat: 12g, Sat Fat: 3g, Sodium: 450mg, Carbs: 65g, Protein: 32g, Sugar: 5g, Fiber: 12g

Food by FLIK

FIT Chicken, Cauliflower Risotto, Spinach, Sundried Tomato, Basil



Cauliflower Risotto:	<i>recipe makes 4, 3/4 cup servings of risotto</i>
Cauliflower	1 3/4 pound
Vegetable Broth, low sodium	5 fl oz
Canola Oil	1 tbsp + 1 1/2 tsp
Onions, fine chopped	1 1/2 ounce
Garlic Cloves, minced	2 1/4 tsp
Parmesan Cheese, grated	1/2 cup
Kosher Salt	pinch
White Pepper	1/4 tsp

1. Remove leaves and outer part of stems from cauliflower. Roughly chop cauliflower. In small batches, pulse cauliflower in a food processor until in rice size pieces.
2. Heat vegetable broth.
3. In a separate pot, heat oil. Add onions and garlic; sweat until translucent.
4. Stir in cauliflower "rice" and vegetable broth. Cook for 5 minutes or until tender and heated through.
5. Remove cauliflower from heat. Stir in parmesan, salt, and white pepper.

Dietitian Suggested Plate: For each serving, top 3/4 cup cauliflower risotto (recipe above) with 1/2 cups grilled chicken, 1/4 cup spinach, 1 tbsp sundried tomato, and 1 tbsp basil. Nutrition information provided below for 1-plate, as suggested here.

Nutrition Info (per serving): Cal: 290, Total Fat: 13g, Sat Fat: 4g, Sodium: 530mg, Carbs: 13g, Protein: 33g, Sugar: 4g, Fiber: 3g

Food by FLIK

FIT Farro Risotto, Cannellini Beans, Arugula, Asparagus, Broccoli



Farro Risotto:	<i>recipe makes 4, ¾ cup servings of risotto</i>
Dry White Wine	¼ cup
Vegetable Broth, low sodium	1-2/3 cup
Canola Oil	2 tbsp
Onions, fine chopped	¼ cup
Farro, dry	1 cup + 2 tbsp
Kosher Salt	¼ tsp
Black Pepper	½ tsp
Parmesan Cheese, Grated	2 tbsp

1. Over medium heat, combine vegetable broth and dry white wine. Cover and heat until simmering. Hold hot.
2. Heat oil in a rondeau. Add onions, and sweat until translucent. Add farro; stir to coat with oil and lightly toast.
3. Gradually add broth to farro one cup at a time, allowing broth to be absorbed each time before adding more. Repeat process until all broth/wine mixture has been absorbed by farro, and farro is tender.
4. Remove risotto from heat. Stir in salt, pepper, and parmesan.

Dietitian Suggested Plate: For each serving, top ¾ cup farro risotto, add in ½ cup cannellini beans, ¼ cup arugula, ¼ cup chopped asparagus, ¼ cup broccoli, and garnish with lemon. Nutrition information provided below for 1-plate, as suggested here.

Nutrition Info (per serving): Cal: 430, Total Fat: 10g, Sat Fat: 1g, Sodium: 300mg, Carbs: 64g, Protein: 18g, Sugar: 2g, Fiber: 10g

Food by FLIK

FIT Farro Risotto, Cannellini Beans, Arugula, Asparagus, Broccoli



Farro Risotto:	<i>recipe makes 4, ¾ cup servings of risotto</i>
Dry White Wine	¼ cup
Vegetable Broth, low sodium	1-2/3 cup
Canola Oil	2 tbsp
Onions, fine chopped	¼ cup
Farro, dry	1 cup + 2 tbsp
Kosher Salt	¼ tsp
Black Pepper	½ tsp
Parmesan Cheese, Grated	2 tbsp

1. Over medium heat, combine vegetable broth and dry white wine. Cover and heat until simmering. Hold hot.
2. Heat oil in a rondeau. Add onions, and sweat until translucent. Add farro; stir to coat with oil and lightly toast.
3. Gradually add broth to farro one cup at a time, allowing broth to be absorbed each time before adding more. Repeat process until all broth/wine mixture has been absorbed by farro, and farro is tender.
4. Remove risotto from heat. Stir in salt, pepper, and parmesan.

Dietitian Suggested Plate: For each serving, top ¾ cup farro risotto, add in ½ cup cannellini beans, ¼ cup arugula, ¼ cup chopped asparagus, ¼ cup broccoli, and garnish with lemon. Nutrition information provided below for 1-plate, as suggested here.

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