

Spaghetti Aglio E Olio Pomodoro

Portion Size: ~2 cups

Yield: 4

Ingredients:

Spaghetti, dried	1 lb.
Olive Oil	1/3 cup
Garlic Cloves, thinly sliced	8 each
Crushed Red Pepper Flakes*	½ tsp.
Crushed Tomato (canned)	2 cups
Salt	1 tsp
Black Pepper	½ tsp
Parmesan, Grated (optional)	¼ cup

Preparation:

1. Cook spaghetti in boiling water until al dente. Drain.
2. Heat oil in a sauté pan. Sauté garlic slices until light golden brown.
3. Stir in red chili flake and crushed tomatoes. Simmer for 10 minutes.
4. Toss in spaghetti, salt and pepper. Cook two minutes or until pasta is coated well with sauce.
5. Garnish with parmesan cheese if available.

NOTES

*Adjust or omit red pepper flake for spice preference

*Suggested protein additions (beans, canned tuna, chicken etc.)

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Salmon Cakes

Portion Size: ~2 cups

Yield: 4

Ingredients:

Salmon, Cooked*	1 lb.
Lemon Zest	1-1/2 tsp.
Breadcrumbs	1/2 cup
Red Onion, Chopped Fine	1/4 cup
Egg, Fresh, Beaten	1 each
Dijon Mustard	1 tsp.
Lemon Juice	2 tsp.
Canola Oil	2 tbsp.

Preparation:

1. Flake salmon.
2. In a bowl, stir together salmon, lemon zest, breadcrumbs, red onion, egg, Dijon and lemon juice until evenly mixed.
3. Form 1/2 cup scoops of salmon mix into patties.
4. Heat oil in a sauté pan. Sear salmon cakes on each side. Cook until an internal temperature of 160F degrees (salmon cakes can be finished in the oven if needed).

NOTES

*canned salmon can be used in place of fresh. Drain first.

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Reduced Fat Oatmeal Raisin Cookies

Portion Size: 2 each (1 oz.) Yield: 24

Ingredients:

Brown Sugar, Light	¾ cup
Applesauce, Unsweetened	1 ¼ cup
Canola Oil	2 tbsp.
Egg Whites	2 each
Flour, All Purpose	8 ounces
Baking Soda	2 tsp.
Oats, Dry, Old Fashioned	2 ½ cups
Cinnamon, Ground	1 tsp.
Raisins	2 cups

Preparation:

1. In a bowl mix together brown sugar, applesauce, oil and egg whites until combined.
2. In a separate bowl combine flour, baking soda, oats and cinnamon.
3. Add dry mixture to wet stirring just until combined. Fold in raisins.
4. Scoop rounded tablespoonful's onto parchment lined baking sheet.
5. Bake in a 325° oven until golden brown.

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Peach Cobbler, Cornbread Crust

Portion Size: 2 each (1 oz.) Yield: 24

Ingredients:

Peaches, Canned in Juice	2-1/4 lb.
Cornstarch	4 tsp.
Cornbread Mix	13 ounces
Brown Sugar	2/3 cup
Cinnamon, Ground	1 tsp.
Butter, unsalted, melted	2/3 cup

Preparation:

1. Stir together peaches (including liquids) and cornstarch until free of lumps. Pour peach mixture into a ~9" baking dish.
2. In a separate bowl, whisk together cornbread mix, brown sugar and cinnamon.
3. Sprinkle mixture over peaches in baking dish. Use a spoon to create divots in crumb mixture. Pour melted butter evenly over crumb mixture.
4. Bake in a 350F degree oven until cornbread is golden brown and peach mixture is bubbling, about 20 minutes.

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Salmon Salad, Capers, Lemon

Portion Size: 4 oz.

Yield: 9

Ingredients:

Salmon, Cooked*	2-1/3 lb.
Mayonnaise	3/4 cup
Red Onion, Chopped Fine	1/2 cup
Capers, Drained, Chopped	4 tsp.
Black Pepper	1/8 tsp.
Salt	3/4 tsp.
Lemon Juice	2 tbsp.

Preparation:

1. Flake salmon. In a bowl, stir together salmon, mayo, red onion, capers, pepper, salt and lemon juice.

NOTES-

- * suggested serving over mixed greens or on bread as a sandwich
- * canned salmon can be used in place of fresh, drain first

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Tuna Noodle Casserole

Portion Size: 1 cup

Yield: 13

Ingredients:

Pasta, Egg Noodles, Dry	½ pound
Butter, Unsalted	½ cup
Mushrooms, Sliced	3 cups
Yellow Onion, Chopped	1 cup
Celery, Chopped	1 cup
Flour, All Purpose	1/3 cup
Milk, Whole	3 cups
Canned Tuna	1 pound
Peas, Green, Frozen*	1 cup
Salt, Kosher	1 tbsp.
Tabasco Hot Sauce	1-1/2 tsp.
Worcestershire Sauce	1 tbsp.
Breadcrumbs	¾ cup
Butter, Melted	¼ cup

Preparation:

1. Cook noodles in boiling water just until tender but still firm, about 6 minutes.
2. Melt butter in a pan. Cook mushrooms, onion and celery until all liquid has cooked out of mushrooms. Dust vegetables with flour.
3. Whisk in milk. Bring up to a simmer and cook until milk is thickened.
4. Drain tuna.
5. Stir tuna, peas, salt, tabasco and Worcestershire into vegetable/milk mixture. Stir noodles in.
6. Place tuna mixture in a casserole dish
7. In a bowl, stir together bread crumbs and butter. Sprinkle breadcrumb mixture over tuna/noodle mixture. In a 350F degree oven until golden brown and bubbling.

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Beef Shepherds Pie

Portion Size: 1-1/2 cups

Yield: 6

Ingredients:

Oil, Canola	1-1/2 tsp.
Beef, Ground*	1-1/4 lb.
Onions, Diced	1/4 cup
Tomato Paste	1 tbsp.
Flour, All Purpose	2 tbsp.
Thyme*	1 tsp.
Corn*	1/2 lb.
Peas*	1/4 lb.
Worcestershire	1 tsp.
Beef Stock	2 cups
Salt	1-1/2 tsp.
Black Pepper	1/2 tsp.
Potatoes*	1-1/2 lb.
Butter, Unsalted	2 tbsp.
Milk, Whole	3/4 cups
Salt	3/4 tsp.
Black Pepper	1/8 tsp.
Egg Yolk	1 each

Preparation:

1. Heat oil in a sauté pan. Brown beef. Drain off excess fat. Add onions, cook until softened. Stir in tomato paste and cook until dark red.
2. Dust beef with flour, stir to coat. Stir in thyme, corn, peas, Worcestershire, beef stock, salt and pepper. Simmer until thickened, about 3 minutes. Pour beef mixture into casserole dish.
3. Cover the potatoes with cold water. Bring to a boil and simmer for 25 minutes or until tender. Drain and mash potatoes. Stir in milk and butter. Whip using a spatula until fluffy. Add egg yolk and continue whipping to incorporate.
4. Spread mashed potato mixture over beef mixture. Bake in a 375F degree oven until potatoes are golden brown and beef mixture is bubbling, about 30 minutes.

NOTES –

*Canned beef can be used in place of fresh, drain liquid first

*Thyme is optional; use dried or fresh if available

*Fresh, frozen or canned corn and peas are fine to use (drain first if canned)

*Dried potatoes prepared according to box instructions can be used in place of potatoes, milk, butter etc.

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