

COD, WHITE BEAN, ARTICHOKE BLENDED BURGER, GREEK YOGURT TARTAR SAUCE FIT

Serving size: 1 each

Makes 4 servings

BLENDED COD BURGER

- ½ cup Navy Beans, dry
- 8 oz Cod Fillet
- 1 ½ tsp Canola Oil
- 1/8 tsp Salt
- 1/8 tsp Black Pepper
- ½ cup Artichoke Hearts, canned, chopped
- 1 oz Egg, beaten
- 1/3 cup Breadcrumbs
- 1/2 tsp Lemon Juice
- ¾ tsp Lemon Zest

TARTAR SAUCE

- 1 TBSP Dill Weed, fresh, chopped
- 1/3 cup Greek Yogurt
- 1/8 tsp Black Pepper
- 1 TBSP Dill Pickles, chopped
- 1 TBSP Capers, chopped
- 1 tsp Lemon Juice

BURGER

- 1 cup Arugula
- 1 ½ tsp Lemon Juice
- 1 ½ tsp Olive Oil
- 4 each Whole Wheat Hamburger Bun

Preparation:

1. Soak dry navy beans overnight in enough cold water to cover.
2. After soaking, drain water from beans. Add beans to pot with enough water to cover. Bring to a boil and cook until tender, about 1 hour. Drain excess water.
3. Mash or use a food processor to mash about 75% of beans. Mix in the remaining whole beans.
4. Meanwhile, place cod fillet on a sheet pan. Drizzle with oil, sprinkle with salt and pepper. Bake in a 350°F oven until cooked to internal temperature of 145°F, about 10-15 minutes. Flake cod and let cool.
5. In a bowl, combine beans, flaked cod, artichokes, egg, breadcrumbs, ½ tsp lemon juice, and lemon zest. Mix evenly. Form into 4 oz patties.
6. Sear patties on each side until an internal temperature of 155°F is reached.
7. Meanwhile, in a bowl, whisk together dill, Greek yogurt, black pepper, dill pickles, capers, and 1 tsp lemon juice.
8. In another bowl, toss together arugula, 1 ½ tsp lemon juice, and 1 ½ tsp olive oil.
9. To assemble burger: On each whole wheat bun, layer 1 cod/bean patty, 2 TBSP Greek yogurt tartar sauce, and ¼ cup dressed arugula.



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NUTRITION FACTS PER SERVING

calories	380
total fat (g)	8.5
saturated fat (g)	2
trans fat (g)	0
sodium (mg)	600
total carbohydrate (g)	51
dietary fiber (g)	8
sugar (g)	5
protein (g)	24

BARLEY RISOTTO BOWL, SALMON, BROCCOLI, SQUASH, MUSHROOMS FIT

Serving size: 1 plate

- 2 TBSP Dry White Wine
- 1 ¼ cup Vegetable Broth
- ½ TBSP Butter
- 1 ¼ tsp Canola Oil
- 1/3 cup Yellow Onion, chopped
- ¾ cup Barley, dry
- 1/8 tsp Salt
- ¼ tsp Black Pepper
- 2 TBSP Fresh Parsley, chopped
- 2 TBSP Parmesan Cheese, grated
- ½ cup Baby Spinach
- 1 cup Butternut Squash, cubed

Makes 2 servings

- 1 ¼ tsp Canola Oil, divided
- ¾ tsp Black Pepper, divided
- 1 cup Button Mushrooms, chopped
- 1/8 tsp Salt
- 1 ½ TBSP Fresh Thyme, chopped
- 1 ¼ tsp Garlic, minced
- ½ cup Broccoli Florets
- 10 oz Salmon Fillet, divided into two 5 oz filets
- 2 TBSP Fresh Parsley, chopped
- 2 each Lemon Wedge

Preparation:

1. Combine white wine and vegetable broth in a small pot. Hold warm over low heat until ready to use.
2. Heat butter and canola oil in a medium-sized pot. Add onions and sweat until translucent. Stir in barley. Stir to coat with butter and lightly toast.
3. Gradually add broth/wine mixture to barley ½ cup at a time, allowing broth to be absorbed each time before adding more. Repeat process until all liquid has been absorbed and barley is tender.
4. Remove from heat. Stir in salt, pepper, parsley, spinach and parmesan cheese.
5. Meanwhile, toss butternut squash with ½ tsp canola oil and 1/8 tsp black pepper. Separately, toss mushrooms with ¼ tsp canola oil, 1/8 tsp black pepper, 1/8 tsp salt, thyme, and garlic. Roast in a 350°F oven until caramelized and tender, about 20-30 minutes.
6. Steam broccoli for 3-4 minutes until just tender.
7. Preheat grill or medium-sized skillet to medium-high heat. Spray each salmon fillet with cooking spray on both sides. Sprinkle with ¼ tsp black pepper each. Grill salmon until final internal temperature of 145°F is reached.
8. For each plate: Place ¾ cup risotto on the bottom, top with ¼ cup roasted squash, ¼ cup mushrooms, ¼ cup broccoli, salmon fillet, 1 TBSP parsley, and a lemon wedge.



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NUTRITION FACTS PER SERVING

calories	590
total fat (g)	22
saturated fat (g)	5
trans fat (g)	0
sodium (mg)	450
total carbohydrate (g)	68
dietary fiber (g)	14
sugar (g)	5
protein (g)	31

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CORNMEAL PAPRIKA CRUSTED CATFISH FILLET

Serving size: 1 Fillet

Makes 4 servings

- 1 lb Catfish, fresh
- 1 tsp Cayenne Pepper
- 1 ½ tsp Ground Paprika
- 1 tsp Onion Powder
- 1 tsp Granulated Garlic
- ½ cup Low Fat Buttermilk
- 1 cup Yellow Cornmeal
- 3 TBSP Canola Oil

Preparation:

1. Cut catfish into 4 oz portions.
2. Combine cayenne, paprika, onion powder, and granulated garlic. Sprinkle catfish fillets evenly with spice mix.
3. Add buttermilk to a shallow pan.
4. Place cornmeal on a large rimmed plate or tray.
5. Dip seasoned catfish in buttermilk, shake off excess. Then dredge in cornmeal on both sides.
6. Pan fry coated catfish in canola oil on medium heat until browned and crispy on the outside and internal temperature reaches 145°F.



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NUTRITION FACTS PER SERVING

calories	330
total fat (g)	17
saturated fat (g)	2.5
trans fat (g)	0
sodium (mg)	150
total carbohydrate (g)	21
dietary fiber (g)	1
sugar (g)	2
protein (g)	21

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