

EAT LOCAL

Create your own **FIT** seasonal salad made with local ingredients and a house-made dressing.



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Food by FLIK

Soy Ginger Sesame Vinaigrette

Portion Size: 1 fl oz Yield: 16 servings

Ingredients

Apple Cider Vinegar	1/3 cup	Ground Coriander	1/4 tsp
Soy Sauce, Less Sodium	1/3 cup	Red Pepper Flakes	1 tsp
Orange Juice	1/4 cup	Sesame Oil	2 tsp
Ginger Root, minced	3 TBSP	Maple Syrup	2 TBSP
Shallots, chopped	2 TBSP	Canola Oil	1 cup
Garlic Cloves, crushed	1 TBSP		

Preparation:

1. In a blender, combine apple cider vinegar, soy sauce, orange juice, ginger, shallots, garlic, coriander, red chili flakes, sesame oil and maple syrup. Blend until smooth.
2. With the blender on medium speed, drizzle in canola oil slowly until dressing is emulsified.

RD NOTE: Choose less or low sodium soy sauce to add flavor while keeping your total sodium intake in check.

Nutrition Information Per Serving:

Calories	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Protein (g)	Carbs (g)	Fiber (g)	Sugar (g)
140	14	1	150	0	3	0	2



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Chipotle Honey Lime Dressing

Portion Size: 1 fl oz Yield: 11 servings

Ingredients

Honey	2 TBSP	Salt	½ tsp
Chipotle Peppers, canned	¾ oz	Black Pepper	¼ tsp
Garlic Cloves, peeled	1/8 oz	Canola Oil	¾ cup
Ground Cumin	¾ tsp	Cilantro, chopped	1 TBSP
Lime Juice	1/3 cup		

Preparation:

1. In a blender or using an immersion blender, combine honey, chipotle in adobo, garlic, cumin, lime juice, salt and pepper. Blend until smooth.
2. With the blender on medium speed, gradually add oil and blend until emulsified.
3. Stir in cilantro.

RD NOTE: Top your salad greens with local corn, tomatoes, avocado, black beans, red onion, grilled shrimp and this dressing for a balanced lunch or to serve at your next bbq.

Nutrition Information Per Serving:

Calories	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Protein (g)	Carbs (g)	Fiber (g)	Sugar (g)
150	15	1	75	0	4	0	3



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