



Whole Grain
RISOTTO

Warm up this holiday season
with FIT entrees inspired by
comfort winter classics.



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Food by FLIK



Farro Risotto, Cannellini Beans, Arugula, Sun-Dried Tomatoes FIT

Portion Size: 2 cups

Yield: 4 servings

Ingredients:

| | | | |
|-----------------------------|--------|--------------------------|-------|
| Cannellini Beans, dry | 8 oz | Farro Grain, dry | 8 oz |
| Vegetable Broth, Low Sodium | 2 cups | Dry White Wine | ¼ cup |
| Canola Oil | 1 TBSP | Sun-Dried Tomato, halved | 1 oz |
| Fennel, finely diced | 2 oz | Arugula | 6 oz |
| Yellow Onion, diced | 2 oz | Basil, chiffonade | ¼ cup |
| Garlic, minced | 2 tsp | Parmesan, grated | 2 oz |

Preparation:

1. Soak beans overnight in water. Cook beans on stovetop until tender.
2. Bring broth to a simmer.
3. Heat oil in saucepan. Add fennel and yellow onion. Sauté until tender, about 8 minutes. Add garlic and sauté for 1 minute. Add farro and stir to coat with the oil. Deglaze with white wine. Add broth 1 ladle at a time, allowing farro to absorb all liquid before adding the next ladle.
4. When farro is halfway cooked, add cannellini beans. Continue cooking until all grains are tender and liquid is used.
5. Just before removing from the heat, stir in sun-dried tomatoes and arugula.
6. Garnish with basil and parmesan.

RD NOTE: Choose low sodium or no-salt-added broths and stocks to help keep the sodium in check.

Nutrition Information Per Serving:

| Calories | Total Fat (g) | Sat Fat (g) | Sodium (mg) | Protein (g) | Carbs (g) | Fiber (g) | Sugar (g) |
|----------|---------------|-------------|-------------|-------------|-----------|-----------|-----------|
| 520 | 11 | 3 | 550 | 26 | 79 | 13 | 6 |



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Butternut Squash, Mushroom, Chicken, Brown Rice and Quinoa Risotto FIT

Portion Size: 2 cups

Yield: 4 servings

Ingredients

| | | | |
|---------------------------|----------|-------------------------------------|----------|
| Chicken Breast | 1 lb. | Shiitake Mushrooms, stemmed, sliced | 8 oz |
| Lemon Juice | ½ tsp | Onions, finely chopped | 4 oz |
| Canola Oil | 1 tsp | Brown Rice, dry | 9 oz |
| Black Pepper | ½ tsp | Butternut Squash, ½" diced | 8 oz |
| Chicken Broth, Low Sodium | 1 gal | Quinoa | 4 oz |
| Canola Oil | 1 ½ TBSP | Parsley, chopped | ¼ cup |
| | | Parmesan, grated | 1 ½ TBSP |

Preparation:

1. Cut chicken breasts into 4 oz portions. Toss chicken in lemon and oil. Sprinkle with pepper. Mark chicken breasts on grill. Cook until an internal temperature of 165°F is reached. Chill and dice chicken into ¼" cubes.
2. Bring broth to a simmer.
3. Heat oil in a saucepan. Add mushrooms and onions. Cook until lightly caramelized. Add brown rice. Allow rice to toast while stirring for about 1 minute. Add broth 1 ladle at a time, allowing farro to absorb all liquid before adding the next ladle.
4. When rice is halfway cooked, add butternut squash and quinoa. Continue cooking until all grains/vegetables are tender and liquid is used.
5. Just before removing from the heat, stir in diced chicken, parsley and parmesan.

RD NOTE: Choose low sodium or no-salt-added broths and stocks to help keep the sodium in check.

Nutrition Information Per Serving:

| Calories | Total Fat (g) | Sat Fat (g) | Sodium (mg) | Protein (g) | Carbs (g) | Fiber (g) | Sugar (g) |
|----------|---------------|-------------|-------------|-------------|-----------|-----------|-----------|
| 590 | 12 | 2 | 600 | 33 | 88 | 7 | 7 |



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A collage of various food items including potatoes, chickpeas, bread, rice, and pasta. The background is a dark, textured surface.

Functions of **FOOD**

ENERGY

The foods you eat serve as fuel for your body. Focus on eating regularly and balancing your plate with complex carbohydrates, healthy fats, and lean proteins for sustained energy.

Functions of **FOOD**

Bulgur, Acorn Squash, Kale Salad FIT

Portion Size: ½ cup

Yield: 10 servings

Ingredients:

Cranberry Vinaigrette

| | |
|--------------------|---------|
| Cranberries, fresh | 3 TBSP |
| Granulated Sugar | 1 TBSP |
| White Wine Vinegar | 2 TBSP |
| Dijon Mustard | ½ tsp |
| Orange Juice | 1 TBSP |
| Honey | 1 ½ tsp |
| Salt | 1/8 tsp |
| Pepper | 1/8 tsp |
| Canola Oil | ¼ cup |

Roasted Acorn Squash

| | |
|--------------|--------|
| Acorn Squash | 1 each |
| Canola Oil | 2 tsp |
| Black Pepper | ¼ tsp |

Bulgur Wheat

| | |
|--------------|-----------|
| Water | 1-1/3 cup |
| Bulgur Wheat | 5 ½ oz |

Salad

| | |
|---------------|-------|
| Kale, chopped | 1 qt |
| Salt | ¼ tsp |
| Black Pepper | ½ tsp |

Preparation:

1. Combine cranberries, sugar, and white wine vinegar in a saucepan. Bring to a boil and simmer until cranberries pop, about 10 minutes. Remove from heat and cool. Using a blender, combine all vinaigrette ingredients until smooth. Refrigerate until ready to use.
2. Preheat oven to 350°F. Clean, cut, and scrape seeds from acorn squash (leave skin on). Cut into 4 oz wedges. Toss with oil and pepper. Place acorn squash wedges on baking sheet, skin side down. Bake for 20-25 minutes or until tender. Chill until ready to use.
3. Bring water to a boil in a large pot, then remove from heat. Stir in bulgur wheat and cover for 30 minutes. Fluff with fork. Chill until ready to use.
4. In a large bowl, toss together kale, cranberry vinaigrette, acorn squash, bulgur, salt, and pepper.

Nutrition Information Per Serving:

| Calories | Total Fat (g) | Sat Fat (g) | Sodium (mg) | Protein (g) | Carbs (g) | Fiber (g) | Sugar (g) |
|----------|------------------|----------------|----------------|----------------|--------------|--------------|--------------|
| 120 | 6 | 0 | 90 | 3 | 15 | 4 | 2 |



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Functions of **FOOD**

No-Bake Fig, Date, Pecan, Cherry Energy Bar FIT

Portion Size: 1 each

Yield: 48 servings

Ingredients:

| | |
|------------------------|------------|
| Flax Seeds, ground | 1/3 cup |
| Pecans, chopped | 1 ½ cup |
| Dates, pitted | 1 lb, 6 oz |
| Dried Cherries | ¾ cup |
| Dried Figs | 1 ½ cup |
| Maple Syrup, 100% Pure | 1/3 cup |
| Salt | ½ tsp |

Preparation:

1. Line a half baking sheet with parchment paper. Sprinkle evenly with ground flax seeds. Set aside.
2. Toast pecans in a 350°F oven until lightly toasted. Cool.
3. In a food processor, combine toasted pecans, dates, cherries, figs, maple syrup, and salt. Pulse until coarsely chopped and mixture starts coming together. Note: do not over process as the mixture might separate.
4. Use a rubber spatula to press mixture onto sheet tray sprinkled with ground flax.
5. Chill until firm, at least 2 hours.
6. Flip bars out of pan onto a cutting board; ground flax seeds should now be on top. Cut 4x12 into 48 pieces. Serve or store in refrigerator.

Nutrition Information Per Serving:

| Calories | Total Fat (g) | Sat Fat (g) | Sodium (mg) | Protein (g) | Carbs (g) | Fiber (g) | Sugar (g) |
|----------|---------------|-------------|-------------|-------------|-----------|-----------|-----------|
| 90 | 2.5 | 0 | 20 | 1 | 18 | 2 | 14 |



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