

glo-

treat your tastebuds to a trip around the world!

BOWLS



globally-inspired FIT bowls are packed with the perfect balance of fiber-rich carbs, lean protein and heart healthy fats to fuel your day



Let's connect @FLIKhospitality

Food by FLIK

Roasted Chicken Shawarma FIT

Portion Size: 4 oz. Yield: 25 servings



Ingredients:

Lemon Juice	6 TBSP
Extra Virgin Olive Oil	1-½ cups
Garlic Cloves, minced	½ cup
Kosher Salt	1-½ TBSP
Black Pepper	2 TBSP
Ground Cumin	2 TBSP
Ground Paprika	2 TBSP
Ground Turmeric	1-1/2 tsp
Ground Cinnamon	1 tsp
Red Chili Flakes	1 tsp
Boneless Chicken Thighs	6 pounds
Red Onions, peeled, quartered	3 each
Cooking Spray	as needed
Parsley, fresh, chopped	6 TBSP

Preparation:

1. Whisk to combine lemon juice, olive oil, garlic, salt, pepper, cumin, paprika, turmeric, cinnamon, and red chili flakes together. Add chicken thighs and toss to coat chicken. Cover and store in the refrigerator for at least 1 hour, or up to 12 hours.
2. Add quartered onion to marinated chicken; toss to combine. Spray sheet tray with cooking spray. Spread chicken, onion, and marinade in an even layer on the sheet tray. Roast in a 425°F oven until browned, crisp, and internal temperature reaches 165°F, about 25-35 minutes.
3. Remove chicken from oven, let cool slightly. Slice everything into even 1-1/2" sized pieces. Place chicken, onion, and pan sauce in a serving dish. Garnish with parsley.

Nutrition Information Per Serving:

Calories	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Protein (g)	Carbs (g)	Fiber (g)	Sugar (g)
280	20	4	426	21	4	1	1



[FLIK-USA.com/blog](https://www.flik-usa.com/blog)



FLIK Hospitality
Group



@FLIKHospitality



Baked Falafel FIT

Portion Size: 4 each Yield: 20

Ingredients:

Dry Chickpeas (Garbanzo Beans)	2 LBS
Yellow Onions, chopped fine	13 oz.
Garlic Cloves, minced	1-1/2 oz.
Baking Powder	2 tsp
Cilantro, chopped	1 oz.
Kosher Salt	1 tsp
Ground Cumin	1 TBSP
Black Pepper	1 tsp
Ground Cayenne Pepper	1 tsp
Lemon Juice	¼ cup
Water	as needed
Cooking Spray	as needed

Preparation:

1. Soak the chickpeas in water overnight, or at least 12 hours. Drain.
2. Preheat your oven to 350°F.
3. In a food processor, pulse soaked chickpeas until well ground – do NOT puree. Add onions, garlic, baking powder, cilantro, salt, cumin, pepper, cayenne and lemon juice. Pulse until mixture is evenly distributed and holds together when formed into a ball.
4. If mixture is too dry, add a small amount of water, just for mixture to hold a shape. Cover and refrigerate for 1 hour.
5. Prepare a sheet tray with pan spray. Scoop into 1 oz. portions. Flatten slightly to form patties. Place falafel patties on sheet tray.
6. Bake in a 350°F oven just until golden brown and heated through. DO NOT OVERBAKE; falafel will dry out in the oven if overcooked.

Nutrition Information Per Serving:

Calories	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Protein (g)	Carbs (g)	Fiber (g)	Sugar (g)
190	3	0	155	10	32	6	6



FLIK-USA.com/blog



FLIK Hospitality Group



@FLIKHospitality