

Celebrate THE SEASON



Visit the salad bar all month for
FIT seasonal-inspired salads.
These salads would be a great addition
to any holiday gathering!



Try our favorite recipes at home!

Kale, Apple, Pepita Salad, Blue Cheese, Pomegranate, Maple Dijon Dressing FIT

Portion Size: ½ cup

Yield: 13 servings

MAPLE VINAIGRETTE

Apple Cider Vinegar	¼ cup
100% Pure Maple Syrup	2 TBSP
Dijon Mustard	2 tsp
Extra Virgin Olive Oil	½ cup
Pepper	1/8 tsp

MAPLE SEA SALT PUMPKIN SEEDS (PEPITAS)

100% Pure Maple Syrup	¼ cup
Sea Salt	1/8 tsp
Pumpkin Seeds, hulled	1 cup
Cooking Spray	as needed

SALAD

Lacinato Kale, ribboned	2 cups
Salt	1/8 tsp
Pepper	1/8 tsp
Apples, sliced	1 cup
Lemon Juice	1 TBSP
Blue Cheese Crumbles	¼ cup
Pomegranate Seeds, fresh	¼ cup

PREPARATION:

1. Prepare Vinaigrette: Combine apple cider vinegar, maple syrup, Dijon mustard, olive oil and pepper in a bowl. Whisk until combined.
2. Prepare Pepitas: In a sauté pan, combine maple syrup and sea salt and bring up to a simmer. Stir in pumpkin seeds. Continue cooking until maple syrup is almost completely reduced and coating pumpkin seeds. Prepare a parchment lined sheet tray with pan spray. Spread maple pumpkin seeds on pan. Bake in a 325°F degree oven, stirring every 5 minutes until pumpkin seeds are golden brown and syrup begins to harden (~10-15 minutes). Coating will harden as the pumpkin seeds cool. Cool completely and break into 1/2" pieces.
3. Prepare Salad: Toss and massage kale with maple vinaigrette, salt and pepper. Allow to sit in refrigerator for 30 minutes.
4. Toss apples with lemon juice. We suggest using half green apples and half red (granny smith and honey crisp) for contrast.
5. Place dressed kale on serving platter or in a bowl. Top with apples, blue cheese crumbles, pomegranate seeds and pumpkin seeds. Keep refrigerated until serving.

Nutrition Information Per Serving:

Calories	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Protein (g)	Carbs (g)	Fiber (g)	Sugar (g)
60	5	1	60	2	4	1	3



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Brussels Sprouts, Pear, Quinoa Salad, Dried Cherries, Lemon Dressing FIT

Portion Size: ½ cup

Yield: 11 servings



MAPLE SPICED SUNFLOWER SEEDS

100% Pure Maple Syrup	½ cup
Salt	1/8 tsp
Cayenne Pepper, ground	¼ tsp
Cumin, ground	1/8 tsp
Unsalted Sunflower Seeds, roasted	2 cups

LEMON, HERB, OLIVE OIL DRESSING

Oregano, fresh, chopped	2 ½ tsp
Basil, fresh, ribboned	2 ½ tsp
Salt	¼ tsp
Pepper	½ tsp
Extra Virgin Olive Oil	1 TBSP, 2 tsp
Lemon Juice	1/3 cup

SALAD

Pear, cored, sliced	1 cup
Lemon Juice	1 ½ TBSP
Brussels Sprouts, shredded	3 cups
Spiced Maple Sunflower Seeds	½ cup
Quinoa, cooked & cooled	2 cups
Dried Cherries	½ cup
Salt	1/8 tsp
Pepper	1/8 tsp
Lemon, Herb, Olive Oil Dressing	½ cup

PREPARATION:

1. Prepare Sunflower Seeds: In a sauté pan, whisk together maple syrup, salt, cayenne and cumin. Reduce by about 50%. Stir in sunflower seeds. Continue to cook until maple syrup is mostly coating sunflower seeds. Place on a parchment lined sheet tray and bake in a 325°F oven until crisp ~10 minutes. Maple sunflower seeds will continue to harden as they cool. Break into small pieces.
2. Prepare Dressing: Whisk oregano, basil, salt, pepper, olive oil, and lemon juice until combined.
3. Prepare Salad: Toss pears with lemon juice. In a bowl, toss together brussels sprouts, maple spiced sunflower seeds, quinoa, dried cherries, salt, pepper, and dressing until combined. Keep refrigerated until serving.

Nutrition Information Per Serving:

Calories	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Protein (g)	Carbs (g)	Fiber (g)	Sugar (g)
150	5	0.5	90	3	24	4	10



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