

ROOT VEGGIE FLIP



We're boosting the fiber, vitamins, and minerals in some of your favorite recipes by swapping the main ingredient for a root vegetable in this month's FIT Root Veggie Flip!

Join us

Tuesday,
Oct 10



Sweet Potato "Carbonara", Pancetta, Kale, Mushrooms FIT

Portion Size: 2-1/2 cups

Yield: 4 servings

Ingredients

Eggs, large	4 each	Garlic, thinly sliced	1 tbsp
Parmesan Cheese, grated	1/3 cup	Sweet Potatoes, spiralized	3 quarts
Pancetta	2 oz.	Black Pepper	1/8 tsp
Kale, chopped	4 cups	Salt	1/8 tsp
Shiitake Mushrooms, sliced	2 cups	Parmesan Cheese, grated	2 TBSP

Preparation:

1. In a metal mixing bowl, whisk together eggs and parmesan cheese.
2. Set-up a double boiler on the stove.
3. In a pan, render pancetta over medium heat until crispy. Add kale, mushrooms and garlic. Stir to coat with pancetta and pancetta renderings. Cook until kale and mushrooms are tender, about 2 minutes.
4. Quickly blanch sweet potatoes just until al dente; about 30-60 seconds in boiling water. Use a tongs to remove sweet potatoes and drain excess water.
5. In the double boiler, place bowl with eggs/parmesan over the pot with boiling water and whisk vigorously until pale yellow and slightly thickened. **NOTE:** If eggs begin to scramble, quickly remove from pot and whisk vigorously, turn down heat, and return bowl to double boiler until thickened.
6. Once eggs are tempered (or heated to 160°F if using unpasteurized eggs), add hot, blanched sweet potatoes, sautéed kale/mushroom mixture, salt and pepper to bowl. Toss with tongs to combine. Egg/parmesan mixture should further thicken from the sweet potatoes and coat to make a sauce. Garnish with remaining parmesan cheese.

Nutrition Information Per Serving:

Calories	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Protein (g)	Carbs (g)	Fiber (g)	Sugar (g)
410	13	5	550	18	59	10	17



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Pastrami Spiced Roasted Carrots, Yogurt Feta Sauce, Crispy Chickpea Crumble FIT

Portion Size: 1 serving

Yield: 4 servings

Mint, Feta, Yogurt Sauce

	1 cup
Plain Greek Yogurt, fat free	6 ½ oz
Feta Cheese, crumbled	2 oz
Lemon Juice	1 ½ tsp
Salt	1/8 tsp
Mint, fresh, chopped	3 TBSP

Pastrami Spice Blend

	3 TBSP
Black Peppercorns	2 TBSP
Coriander Seeds	4 ½ tsp
Mustard Seeds	2 ¼ tsp
Light Brown Sugar	2 ¼ tsp
Smoked Paprika	2 ¼ tsp
Garlic Powder	1 ½ tsp
Onion Powder	1 ½ tsp

Remaining Ingredients

Garbanzo Beans (canned or cooked)	9 oz
Garlic, minced	1 TBSP
Lemon Zest	1 TBSP
Parsley, fresh	½ oz. + 2 TBSP
Carrots	1 ¾ lbs.
Salt	¼ tsp
Nonstick Cooking Spray	as needed
Mint, fresh	2 TBSP

Preparation:

- 1. Mint, Feta, Yogurt Sauce:** In a high-speed blender, combine yogurt, feta, lemon juice and salt. Blend until smooth. Add mint to blender. Blend briefly just to incorporate mint.
- 2. Pastrami Spice Blend:** In a spice grinder or blender, combine peppercorns, coriander seeds and mustard seeds. Pulse until coarsely ground. In a bowl, combine coarsely ground spices with brown sugar, smoked paprika, garlic powder and onion powder. Stir until evenly mixed.
3. Spread rinsed and drained garbanzo beans on a parchment lined sheet tray. Bake in a 350°F oven until crispy, golden brown and dry, about 30 minutes. Let cool.
4. In a food processor add crispy chickpeas, garlic, lemon zest, salt and ½ oz. parsley. Pulse until coarsely ground.
5. Peel carrots. Toss carrots with pastrami spice and salt. Place on a sheet tray prepared with pan spray. Roast in a 375°F oven until tender and golden brown, about 20 minutes.
6. To plate, spread ¼ cup mint yogurt sauce on serving dish. Top with 4 oz. roasted carrots and garnish with 2 TBSP chickpea crumble, mint and remaining parsley.

Nutrition Information Per Serving:

Calories	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Protein (g)	Carbs (g)	Fiber (g)	Sugar (g)
300	7	2	495	16	46	13	15



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