



Latin Inspired
BREAKFAST FOR LUNCH

Enjoy the most important meal of the day at lunch with our Latin-inspired FIT breakfast bowls: packed with protein, fiber, and FLAVOR!

Join Us
Wednesday,
Sept. 18

Food by FLIK

Chickpea Chorizo, Kale Sweet Potato Hash, Egg FIT

Portion Size: 1 cup hash, 1 egg

Yield: 14 servings

Ingredients:

Chickpea "Chorizo"

Garbanzo Beans, cooked	3 lb.
Diced Tomatoes, canned	3/4 cup
Apple Cider Vinegar	3 tbsp
Paprika Spice	3 tbsp
Cumin Spice	1-1/2 tsp
Oregano Spice	1-1/2 tsp
Black Pepper	1/2 tsp
Red Chili Flakes	1/2 tsp
Cloves, ground	1/4 tsp
Kosher Salt	3/4 tsp
Soy Sauce, less sodium	3 TBSP
Canola Oil	1 TBSP
Yellow Onion, minced	1 1/2 cup
Button Mushrooms, chopped	1 1/2 cup
Garlic Cloves	2 TBSP
Water	3/4 cup

Hash

Canola Oil	1/2 cup
Sweet Potatoes, peeled diced	1 qt
Kale, chopped	2 qt
Eggs	14 each
Black Pepper	2 tsp
Cooking Spray	as needed

Preparation:

1. Place garbanzo beans (chickpeas), tomatoes, apple cider vinegar, paprika, cumin, oregano, black pepper, red pepper flakes, ground cloves, salt, and soy sauce in a bowl, toss to combine. Place mixture in food processor. Pulse 3-6 times, until well mixed and a few large chunks of chickpea remain.
2. Heat oil in a large skillet. Add onions, mushrooms, and garlic, cook until onions are translucent and fragrant, about 3-5 minutes.
3. Stir in chickpea mixture and water. Occasionally stir to incorporate brown bits on the bottom of the pan back into the mixture. Cook for about 8-10 minutes, until it resembles crumbled chorizo.
4. For hash, heat oil in a sauté pan. Sauté sweet potatoes until softened and golden brown. Remove from pan and set sweet potatoes aside.
5. Add chickpea "chorizo", sweet potatoes, and kale to pan. Cook until kale is wilted, and sweet potatoes are tender.
6. For EACH order, cook 1 egg to your liking with pan spray and black pepper. Place egg on top of 1 cup of the chickpea chorizo kale hash.

Nutrition Information Per Serving:

Calories	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Protein (g)	Carbs (g)	Fiber (g)	Sugar (g)
270	15	2.2	200	12	25	7	6



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Eggless Breakfast Bowl with Spicy Black Beans, Salsa, Cilantro, Lime FIT

Portion Size: 1 plate

Yield: 4 servings



Ingredients:

Cilantro Lime Brown Rice

1 ¾ cups Water
½ tsp Salt
1 cup Brown Rice, dry
1 tbsp Lime Juice, fresh squeezed
¼ cup Cilantro, chopped

Spicy Black Beans

4 ½ oz Black Beans, dry
2 tsp Canola Oil
2 ½ oz Spinach Onions, diced
Pinch Garlic, minced
¼ oz Chipotle Peppers, minced
1 ¼ tsp Cumin, ground
1 ¼ tsp Coriander, ground
2 ½ tsp Chili Powder
3 ½ oz Tomatoes, Canned, chopped
¼ oz Sherry Vinegar
¼ cup Vegetable Stock, low sodium
¼ oz Cilantro, chopped

Guajillo Chile Salsa

makes 1 ½ cups; store leftover in refrigerator

1 each Serrano Peppers, Fresh, remove stem
3 oz Onions, quartered
10 oz Roma Tomatoes, cut in half
3 each Guajillo Chili Peppers, dried
1/3 cup Warm Water
1 tsp Lime Juice, fresh squeezed
½ tsp Garlic, minced
¾ tsp Chipotle Peppers
2 tbsp Cilantro, chopped

For Bowl

1 each Avocado
garnish Cilantro, chopped

Preparation:

1. Rice: Combine water and salt in a pan on the stove. Bring to a boil, add rice. Cover and simmer on low until tender, about 40 minutes. Fluff rice with a fork. Stir in lime juice and cilantro.
2. Spicy Black Beans: Put black beans in a pot with enough water to cover. Bring to a boil, then reduce to a medium high simmer for 45 minutes to an hour, until beans are tender. Drain liquid. In a separate pan, heat the oil. Add the onion and sauté for about 5-7 minutes or until onions begin to show color. Add garlic, chipotle peppers, cumin, coriander, and chili powder. Cook for 1 minute. Add tomatoes, sherry vinegar, and vegetable stock. Cook for 10 more minutes. Add drained black beans. Finish with cilantro.
3. Salsa: Place serrano peppers, onions, and tomatoes on grill at med/high heat. Grill vegetables until they are moderately charred. Seed and stem dried chilis. Place the dried chilies in a pan over low heat to toast and soften for about 1 minute. Cover heated Guajillo chilies with warm water in a bowl with something to weigh the chilies down. Allow chilies to steep for about 15 minutes. Remove Guajillo chilies and puree them in a blender. Once chilies are smooth, add lime juice, garlic, chipotles, and charred onion, tomato, and serrano. Puree until smooth. Allow salsa to cool. Then stir in cilantro.
4. Build each bowl: ¾ cup rice, ½ cup beans, 1 tbsp guajillo salsa, ¼ each avocado, garnish with cilantro.

Nutrition Information Per Serving:

Calories	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Protein (g)	Carbs (g)	Fiber (g)	Sugar (g)
400	10	1.5	290	14	67	14	3



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