

LOW CARBON Combos

Celebrate Earth Month with **FIT**
low-carbon meal combinations that
are good for the environment and
for you too!



Food by FLIK



Let's get together and FLIK our way to a better planet.

Braised Bok Choy, Sesame Seeds

Portion Size: 2 halves

Yield: 5 servings



Ingredients:

Baby Bok Choy	5 each
Oil	1 ½ tsp
Garlic Cloves, minced	1 ½ tsp
Ginger Root, minced	1 ½ tsp
Water	¼ cup
Salt	pinch
Toasted Sesame Seeds	½ tsp

Preparation:

1. Cut bok choy in half lengthwise and rise. Place in colander to drain.
2. Heat oil in pan and sauté garlic and ginger for 1 minute.
3. Add the bok choy and toss to coat. Add water and cover to steam until the core is tender, about 5 minutes; there should be no water remaining in the pot.
4. Remove bok choy garnish with salt and toasted sesame seeds.

Nutrition Information Per Serving:

Calories	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Protein (g)	Carbs(g)	Fiber (g)	Sugar (g)
30	2	0	81	1	2	1	1



FLIK-USA.com/blog

BLOG



[FLIK Hospitality Group](#)



[@FLIKHospitality](#)

Food by FLIK

Crispy Tempeh Quinoa Cake, Mango Chili Sauce

Portion Size: 1 each

Yield: 9 servings



Ingredients:

Quinoa

Quinoa, dry 1/2 cup
Water 3/4 cup

Mango Sweet Chili Sauce

Sweet Thai Chili Sauce 1/2 cup
Mango, diced 1/2 cup
Cilantro, chopped 2 tbsp
Ginger, grated 2 tsp
Lemon Juice 1 tbsp

Tempeh Quinoa Cake

Tempeh 1 lb.
Ginger Root, minced 1/3 cup
Less Sodium Soy Sauce 1/4 cup
Cilantro, chopped 1/2 cup
Green Onion, finely diced 1/2 cup
Panko Breadcrumbs 1/2 cup
Panko Breadcrumbs 2 cups
Canola Oil 1/2 cup

Preparation:

Quinoa

1. Rinse quinoa under water until water runs clear.
2. Bring water to boil and stir in quinoa.
3. Simmer for 12-15 minutes.

Mango Sweet Chili Sauce

1. Place chili sauce and mangos in a non-reactive saucepan and simmer covered for 20 minutes to soften the mangoes.
2. Chill and mix in fresh cilantro, ginger and lemon juice.

Crispy Tempeh Quinoa Cake

1. In a food processor, combine cooked quinoa, tempeh, panko, ginger, soy sauce, cilantro, green onion and breadcrumbs (1/2 cup amount). Pulse until almost smooth. Portion into 4 oz. wt. balls. Form into patties.
2. Press patties into panko to coat with breadcrumbs. Discard excess breadcrumbs.
3. Heat oil in a pan. Pan fry cakes until golden brown and heated through.
4. Top each tempeh cake with 2 tbsp. of mango sweet chili sauce.

Nutrition Information Per Serving:

Calories	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Protein (g)	Carbs(g)	Fiber (g)	Sugar (g)
330	17	2	545	13	34	2	14



FLIK-USA.com/blog



FLIK Hospitality Group



@FLIKHospitality

Food by FLIK

A top-down view of various healthy food ingredients. In the upper left, there are large, vibrant green spinach leaves. To the right, several small white ceramic bowls contain different types of seeds and grains: one with dark, irregularly shaped seeds, another with light brown flax seeds, and a third with light-colored oats. In the lower right, there are several fresh Brussels sprouts. The background is a dark, textured surface, possibly a countertop, with some seeds scattered around. A semi-transparent dark grey banner is overlaid across the top, containing the title text.

Functions of **FOOD**

GUT HEALTH

Gut health affects so much more than just digestion; there is a strong link to mood and overall health as well.

Functions of **FOOD**

Avocado Greek Yogurt Dip

Portion Size: 2 tbsp

Yield: 6 servings

Ingredients:

Avocado	½ each
Plain Fat Free Greek Yogurt	½ cup
Lime Juice	1 ½ tsp
Cumin	¼ tsp
Cilantro, chopped	1 tbsp
Salt	1/8 tsp
Black Pepper	1/8 tsp

Preparation:

1. Combine avocado, yogurt, lime juice, cumin, cilantro, salt and pepper in a food processor. Blend until smooth.

Dietitian Note: Serve with vegetable crudité like carrots, tomatoes, and cucumber

Nutrition Information Per Serving:

Calories	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Protein (g)	Carbs(g)	Fiber (g)	Sugar (g)
35	2	0	47	2	2	1	1



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



FLIK Hospitality Group



@FLIKHospitality

Food by **FLIK**

Functions of **FOOD**

Kimchi Cauliflower Fried "Rice"

Portion Size: 1/2 cup

Yield: 11 servings

Ingredients:

Cauliflower	1 lb.	Oil	2 tbsp
Oil	1 ½ tsp	Less Sodium Soy Sauce	2 tbsp
Egg, beaten	3 each	Lime Juice	1 tbsp
Kimchi	7 oz	Sesame Oil	1 tsp
Onions, fine chopped	1 cup	Kosher Salt	1/8 tsp
Garlic Cloves, minced	1 ½ tsp	Green Onions	2 tbsp
Edamame	1 cup		

Preparation:

1. In a food processor, pulse cauliflower until it reaches a small, rice like texture. Use all parts of the cauliflower to decrease waste.
2. Heat a nonstick pan over medium heat, heat ½ tsp oil. Add eggs and scramble. Set aside.
3. Chop kimchi into bite-sized pieces.
4. Heat 1 tsp oil in a large wok or pan. Add onions, and sweat until fragrant, about 4 minutes. Add garlic and cook for 1 minute. Stir in chopped kimchi and increase heat to medium-high. Cook until parts of the kimchi start to brown and caramelize, stirring occasionally, about 5 minutes. Add edamame, and cook until warmed through, about 3 minutes.
5. Stir in riced cauliflower, reduce heat to medium. Add 2 tbsp oil, soy sauce and lime juice; cook until liquid has evaporated, and cauliflower is just tender, about 2 minutes.
6. Stir in eggs. Remove pan from heat and stir in sesame oil and salt.
7. Garnish with scallions.

Nutrition Information Per Serving:

Calories	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Protein (g)	Carbs(g)	Fiber (g)	Sugar (g)
90	5	1	235	5	6	2	2



FLIK-USA.com/blog



FLIK Hospitality Group



@FLIKHospitality

Food by FLIK