

EAT LOCAL



Buying food from local farmers helps support the local economy and promotes a healthy environment. Create your own seasonal, local salad this month featuring house made dressings.

#LOCALBYFLIK



Citrus Avocado Cilantro Dressing

Portion Size: 1 fl oz

Yield: 12 servings

Ingredients:

Avocado, diced	1 cup
Cilantro, chopped	2 TBSP
Lime juice	¼ cup
Garlic, minced	1 ½ tsp
Salt	½ tsp
Black Pepper	½ tsp
Canola Oil	2 tbsp
Orange Juice	½ cup

Preparation:

1. In a blender, combine avocado, cilantro, lime juice, garlic, salt, pepper, oil and orange juice.
2. Blend until smooth.

Nutrition Information Per Serving:

Calories	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Protein (g)	Carbs (g)	Fiber (g)	Sugar (g)
40	3	0	80	0	3	0	1



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Food by FLIK



Tomato Herb Dressing

Portion Size: 1 fl oz Yield: 8 servings

Ingredients:

Tomatoes, Fresh, diced	2/3 cup
Red Wine Vinegar	1/4 cup
Dijon Mustard	1/2 tsp
Tomato Paste	2 1/2 tsp
Crushed Red Pepper Flakes	1/8 tsp
Salt	1/4 tsp
Black pepper	1/8 tsp
Extra Virgin Olive Oil	1/4 cup
Basil, chopped	2 1/2 tsp

Preparation:

1. In a blender, combine tomatoes, red wine vinegar, Dijon mustard, tomato paste, crushed red pepper flakes, salt and pepper
2. While blender is running, drizzle in olive oil until emulsified.
3. Stir in basil.

Nutrition Information Per Serving:

Calories	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Protein (g)	Carbs (g)	Fiber (g)	Sugar (g)
70	7	1	6-	0	1	0	0



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Functions of **FOOD**

HYDRATION

Staying hydrated is crucial to regulate body temperature, keep joints lubricated, prevent infections, deliver nutrients to cells, and keep organs functioning properly. Being well-hydrated also improves sleep quality, cognition, and mood.

Functions of **FOOD**

Non-Alcoholic Strawberry Margarita FIT

Portion Size: 1 each

Yield: 5

Ingredients:

Strawberries, Fresh	1 lb
Lime Juice, Fresh	1/3 cup
Orange Juice, 100%	1/3 cup
Sugar	2 TBSP
Ice Cubes	2 ½ cups
Lime Slices	5 each

Preparation:

1. Trim and clean strawberries.
2. Blend strawberries, lime juice, orange juice, and sugar in a blender until smooth.
3. Fill each serving cup with 1/2 cup ice cubes, 4 fl oz strawberry beverage, and garnish with 1 lime slice.

Nutrition Information Per Serving:

Calories	Protein (g)	Carbs(g)	Fiber (g)	Sugar (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)
60	1	16	2	11	0	0	5



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Functions of **FOOD**

Berry Iced Tea, Unsweetened FIT

Portion Size: 12 fl oz

Yield: 8

Ingredients:

Boiling Water	3 ½ cups
Tea Bags, black	4 each
Strawberries, Fresh	1 ½ cups
Blueberries, Fresh	2 ½ cups
Cold Water	6 cups

Preparation:

1. Remove from heat, add tea bags. Let steep for 5 min.
2. Clean berries; hull the strawberries.
3. Remove tea bags. Add cold water and berries to the tea. Pour into blender and puree. Use strainer or cheese cloth to strain pulp as desired.
4. Chill until ready to serve.

RD Tip: Freeze in ice cube trays and add to water or plain iced tea.

Nutrition Information Per Serving:

Calories	Protein (g)	Carbs(g)	Fiber (g)	Sugar (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)
30	0.5	8	0	5	0	0	10



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