

# EAT LOCAL



Celebrate summer with our **FIT** blended burgers featuring local, seasonal produce.



Let's connect @FLIKhospitality

Food by **FLIK**



# Pork and Mushroom Blended Banh Mi Burger, Pickled Carrots and Daikon FIT

Portion Size: 1 each

Yield: 7 servings



## Ingredients:

### Pickled Carrot and Daikon

Carrots, julienne sliced	1 cup
Daikon Radish, matchsticks	1 cup
Kosher Salt	¼ tsp
Granulated Sugar	2 tbsp
Warm Water	¼ cup
White Vinegar	1/3 cup

### Pork and Mushroom Blended Burgers

Canola Oil	2 tbsp
Button Mushrooms, minced	1 lb, 4 oz
Garlic Cloves, minced	2 tbsp
Ginger Root, fresh, minced	2 tbsp
Cilantro, chopped	2 tbsp
Kosher Salt	¼ tsp
Ground Pork, 80/20	1 lb
Cooking Spray	As needed
Jalapeno Peppers, sliced	¾ cup
Cilantro Sprigs	1 oz
Whole Wheat Hamburger Bun	7 each

## Preparation:

### Pickled Carrot and Daikon

1. Toss carrots and daikon with salt. Place in a mesh strainer and allow to sit for 3 minutes, tossing occasionally to help rid excess water. Place carrots and daikon in a non-reactive container.
2. Whisk together warm water and sugar until sugar has dissolved. Stir in vinegar. Pour pickling liquid over carrots and daikon and allow them to marinate overnight. Drain before serving.

### Pork and Mushroom Blended Burgers

1. Heat oil in a sauté pan. Sauté mushrooms until dry. Stir in garlic and ginger. Cook until fragrant. Remove from the heat. Stir in cilantro and salt. Chill mushroom mixture.
2. In a bowl, mix together ground pork and mushroom mixture. Form into 4 oz patties.
3. Sear pork burgers in a pan with prepared with pan spray until an internal temp of 155 degrees F is attained.
4. Build each burger in a whole wheat hamburger bun: 1 pork mushroom patty, 3 jalapeno slices, cilantro sprigs, ¼ cup pickled carrot and daikon.

## Nutrition Information Per Serving:

Calories	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Protein (g)	Carbs(g)	Fiber (g)	Sugar (g)
420	19	5	550	22	43	5	10



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



FLIK Hospitality Group



@FLIKHospitality

Food by FLIK

# BBQ Spiced Chicken, Black Bean, Sweet Potato Blended Burger, Blueberry Pineapple Salsa FIT

Portion Size: 1 each

Yield: 6 servings



## Ingredients:

Black Beans, dry	3 ¼ oz	Chili Powder	1 tsp
Blueberries	2/3 cup	Ground Paprika	1 ¼ tsp
Pineapple, diced	1/3 cup	Cayenne Pepper	¼ tsp
Jalapeno Peppers, minced	2 ¾ tsp	Light Brown Sugar	2 tsp
Cilantro, chopped	1 tbsp	Kosher Salt	¼ tsp
Red Onions, chopped fine	3 tbsp	Ground Black Pepper	pinch
Kosher Salt	¼ tsp	Whole Wheat Hamburger Bun	6 each
Lime Juice	1 ½ tsp	Cooking Spray	As needed
Sweet Potatoes, peeled	5 ¼ oz		
Ground Chicken, 60/40	12 oz		

## Preparation:

1. Cover black beans with water and soak overnight.
2. Prepare Blueberry Pineapple Salsa. In a bowl, combine blueberries, pineapple, jalapeno, cilantro, red onion, salt, and lime juice. Toss to mix.
3. Drain and rinse beans. Add to saucepan and cover with water; let simmer 1 hour or until tender. Drain and chill.
4. Mash ½ of the black beans in a bowl. Add mashed and un-mashed beans, sweet potato, ground chicken, chili powder, paprika, cayenne, brown sugar, salt and pepper. Form into 4 oz patties.
5. Sear patties in pan prepared with pan spray until an internal temperature of 165 degrees F is attained.
6. Serve each burger on a whole wheat hamburger bun and top with ¼ cup of blueberry pineapple salsa.

## Nutrition Information Per Serving:

Calories	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Protein (g)	Carbs(g)	Fiber (g)	Sugar (g)
380	11	3	590	21	53	7	11



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

BLOG



FLIK Hospitality Group



@FLIKHospitality

Food by FLIK



# Functions of **FOOD**

## **HEALTHY SKIN**

Nourish your skin by choosing a healthy balanced diet high in fruits vegetables, nuts, seeds, whole grains, and seafood.

# Functions of **FOOD**

## Strawberry, Banana, Chia Overnight Oats FIT

Portion Size: 1 each

Yield: 8

### Ingredients:

Old Fashioned Oats	3 cup
Skim Milk	1 quart
Banana, sliced	2 cup
Pure Vanilla Extract	2 tsp
Honey	½ cup
Strawberries, sliced	2 cup
Chia Seeds	1/2 cup

### Preparation:

1. In a large bowl, combine oats and skim milk. Allow oats to soak overnight (but not more than 15 hours).
2. Mix together overnight oats, honey, chia seeds, vanilla, strawberries, and banana.

**RD Note:** To prevent bananas from browning, build each layer ingredients into 12 fl oz containers: 8 fl oz overnight oats, 1 tbsp honey, 1 tbsp chia seeds, ¼ tsp vanilla extract, ¼ cup banana, ¼ cup strawberries.

### Nutrition Information Per Serving:

Calories	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Protein (g)	Carbs(g)	Fiber (g)	Sugar (g)
390	10	1	80	12	66	11	30



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

BLOG



FLIK Hospitality Group



@FLIKHospitality

Food by **FLIK**

# Functions of **FOOD**

## Charred Maple-Curry Broccoli Tofu Stuffed Avocado FIT

Portion Size: 1 each

Yield: 6

### Ingredients:

Avocado	3 each	Ground Black Pepper	Pinch
Canola Oil	2 ½ tsp	Lemon Juice	1 ¼ tsp
Kosher Salt	¼ tsp	Cooking Spray	As needed
Ground Black Pepper	1/8 tsp	Pure Maple Syrup	2 1/8 tsp
Lemon Juice	¾ tsp	Extra Virgin Olive Oil	1 ¾ tsp
Extra Firm Tofu	6 ¾ oz	Curry Powder	1/8 tsp
Broccoli, spears	4 oz	Lemon Juice	2 1/8 tsp
Canola Oil	1 tbsp, ½ tsp		
Dijon Mustard	¾ tsp		
Crushed Red Pepper Flakes	1/8 tsp		
Kosher Salt	1/8 tsp		

### Preparation:

1. In a bowl, whisk together oil, lemon juice, salt, pepper. Cut avocados in half. Discard pits (do not peel, leave skin intact). Cut a sliver of the skin off of the bottom of each half so that avocados sit flat, instead of tilting once they are stuffed. Brush avocados with oil/lemon juice mixture. Grill avocados face down until grill marked and slightly charred.
2. Press tofu for at least 1 hour to rid of excess water. Slice tofu florets into thirds lengthwise. Place broccoli in a bowl.
3. Whisk together oil, mustard, chili flakes, salt, pepper, and lemon juice. Pour 2/3 of marinade over tofu, and remaining marinade over broccoli. Allow tofu and broccoli to marinate for at least 1 hour.
4. Discard excess marinade. Grill tofu and broccoli until tofu has nice grill marks, and broccoli is charred. Chop broccoli into ½" pieces, and tofu into 1/2" cubes. Combine and hold mixture hot.
5. In a bowl, whisk together maple syrup, oil, lemon juice, and curry powder to make curry dressing. Top each avocado half with ¼ cup of broccoli tofu mixture, and 1 tsp of curry dressing.

### Nutrition Information Per Serving:

Calories	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Protein (g)	Carbs(g)	Fiber (g)	Sugar (g)
210	18	2	130	7	10	6	2



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



FLIK Hospitality Group



@FLIKHospitality

Food by FLIK