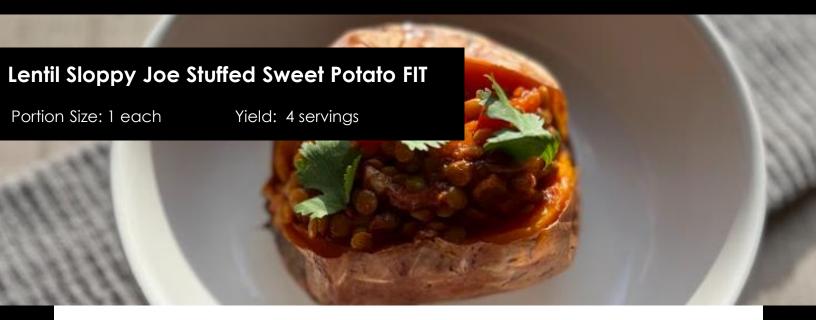
A PLANT FORWARD SPINN ON THE CLASSICS

Let's try a new take on some old favorites as we boost the veggies in classic dishes.



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Ingredients:

Sweet Potato	4 each
Lentils, Dry	1/3 cup
Canola Oil	3 tsp
Yellow Onions, chopped, fine	1/3 cup
Garlic Cloves, peeled, minced	1 tsp
Red Bell Peppers, diced, fine	3 TBSP
Mushrooms, chopped, fine	3 TBSP
Vegetable Broth, Low Sodium	1 cup

Salt	1/2 tsp
Ground Black Pepper	1/4 tsp
Chili Powder	1 tsp
Crushed Tomatoes, canned	3/4 cup
Brown Sugar, light	1 TBSP
Ground Cumin	1/4 tsp
Ground Mustard	1/2 tsp
Red Chili Pepper Flakes, crushed	1/4 tsp

Preparation:

- 1. Wash sweet potatoes with brush to remove any dirt. Place in a single layer on baking sheet. Bake at 425°F for approximately 30 -45 minutes; until potato is tender throughout. Cut potatoes in half and set aside.
- 2. Bring water up to a boil in a pot. Add lentils and reduce heat to a simmer. Simmer until lentils are tender (adding more water if necessary), about 15 minutes. Drain off any excess water and set lentils aside.
- 4. Heat oil in a pot. Add onion, garlic, bell pepper, and mushrooms. Sauté until tender.
- 5. Add vegetable broth, salt, pepper, chili powder, crushed tomatoes, brown sugar, cumin, dry mustard, and chili flake to pot. Bring sauce up to a simmer and simmer for 5 minutes.
- 6. Stir in lentils and cook for an additional 10 minutes or until sauce is thickened and sloppy joe consistency.
- 7. Use a spoon to create a well in the middle of each sweet potato.
- 8. Stuff each sweet potato with 1/2 cup of sloppy joe lentils.

Nutrition Information Per Serving:

Calories	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Protein (g)	Carbs(g)	Fiber (g)	Sugar (g)
270	4	0	370	9	52	9	16

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Black Bean, Chipotle Cauliflower Taco, Avocado FIT

Portion Size: 2 each

Yield: 6 servings



Ingredients: Cuban Black Beans		Cauliflower	
Black Beans, dry	1 cup	Canola Oil	1 tsp
Canola Oil	1 tbsp	Chipotle Peppers, In Adobo, minced	2 tsp
Yellow Onions, diced Celery, diced	1/3 cup 1/3 cup	Agave Nectar	2 tsp
Ground Cumin	2 tsp	Cauliflower Florets, cut	2 cup
Ground Paprika	2 tsp	Ταco	
Canned Tomatoes, diced	1/2 cup	Yellow Corn Tortilla, 6''	8 each
Lime Juice	2 tsp	Avocado, sliced	1 each
Salt	³∕₄ tsp	Lime, wedge	4 each
Vegetable Broth, Low Sodium	1 cup		

Preparation:

Cuban Black Beans

- 1. Cover black bean with water and soak overnight.
- 2. Drain and rinse beans. Add to saucepan and cover with water; let simmer 1 hour or until tender.
- 3. Heat oil in large pot. Add onion and celery. Cook for 5 minutes over medium heat. Add cumin, paprika and tomatoes. Cook for another 10 minutes. Add cooked beans, lime juice, salt, and vegetable broth. Simmer additional 30 minutes.

Cauliflower

- 1. In a bowl, whisk together oil, chipotle in adobo and agave. Toss with cauliflower.
- 2. Place on a parchment lined sheet tray and roast at 425°F until cauliflower is caramelized and tender, about 10 minutes.

Tacos

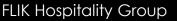
- 1. Warm corn tortillas.
- 2. Top each corn tortilla with 1/2 cup of Cuban black beans, 1/4 cup of chipotle cauliflower and 1-2 slices of avocado. Serve 2 tacos with 1 lime wedge.

Nutrition Information Per Serving:

Calories	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Protein (g)	Carbs(g)	Fiber (g)	Sugar (g)
390	12	1	420	16	58	18	5

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Functions of FOOD

SATIETY

Satiety is feeling full, or satisfied. Meals that include fiber, lean protein and healthy fats help promote satiety.

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Tuna, White Bean, Butter Lettuce, Whole Wheat Thin FIT

Portion Size: 1 sandwich

Yield: 1 serving

Ingredients:	
Great Northern Beans, dry	1 ounce
Light Tuna, water packed, drained	3 ounce
Black Pepper	1/4 tsp
Parmesan, shredded	1/2 tsp
Basil Pesto	1 tsp
Light Mayonnaise	1/2 tsp
Basil Leaf	3 each
100% Whole Wheat Sandwich Thins	1 each
Basil, fresh	3 leaves
Tomato	2 slices
Butter Lettuce	1 large leaf

Preparation:

- 1. Soak great northern beans in water overnight.
- 2. Drain and rinse beans. Add to saucepan and cover with water; let simmer 1 hour or until tender. Drain and set aside.
- 3. Drain tuna and flake. Combine tuna, cooked beans, pepper, parmesan, pesto and mayonnaise.
- Open sandwich thin. Fill with 1 scoop (~6 oz wt) tuna salad, 2 slices tomato, 1 lettuce leaf, and 3 basil leaves. Close sandwich.

Nutrition Information Per Serving: Total Fat Sat Fat Sodium Calories Protein Carbs(g) Fiber (g) Sugar (g) (g) (mg)(g) (g) 5 39 11 3 300 1 430 28 FLIK-USA.com/blog FLIK Hospitality Group @FLIKHospitality BLOG Food by FLIK

Functions of FOO

Mediterranean Greek Salad with Garbanzo Beans FIT

P	ortion Size: 3 cups Yield	1:6		
	Ingredients:		Dressing:	
	Cucumber, diced	1-1/2 cups	Olive Oil	2 TBSP
	Tomato, diced	1-1/2 cups	Lemon Juice, fresh	2 TBSP
	Red Onion, diced	½ cup	Oregano, chopped	2 tsp
	Kalamata Olives, pitted, chopped	I 1 TBSP	Basil, thin cut	2 tsp
	Parsley, chopped	¾ cup	Salt	1 tsp
	Garbanzo Beans, canned	3 сир	Ground Black Pepper	2 tsp
	Romaine Lettuce, chopped	8 cups		

Preparation:

- 1. In a large bowl, combine cucumber, tomato, onion, olives, and parsley.
- 2. In a smaller bowl, combine olive oil, lemon juice, oregano, basil, salt and pepper.
- 3. Toss vegetables with garbanzo beans, lettuce and dressing.

RD NOTE: Look for "low sodium" or "no salt added" canned beans to keep the sodium in check.

Nutrition Information Per Serving:

Calories	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Protein (g)	Carbs(g)	Fiber (g)	Sugar (g)
340	21	3	490	26	9	3	4

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