

A PLANT FORWARD SPIN 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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Lentil Sloppy Joe Stuffed Sweet Potato FIT

Portion Size: 1 each

Yield: 4 servings



Ingredients:

Sweet Potato	4 each	Salt	1/2 tsp
Lentils, Dry	1/3 cup	Ground Black Pepper	1/4 tsp
Canola Oil	3 tsp	Chili Powder	1 tsp
Yellow Onions, chopped, fine	1/3 cup	Crushed Tomatoes, canned	3/4 cup
Garlic Cloves, peeled, minced	1 tsp	Brown Sugar, light	1 TBSP
Red Bell Peppers, diced, fine	3 TBSP	Ground Cumin	1/4 tsp
Mushrooms, chopped, fine	3 TBSP	Ground Mustard	1/2 tsp
Vegetable Broth, Low Sodium	1 cup	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

Black Bean, Chipotle Cauliflower Taco, Avocado FIT

Portion Size: 2 each

Yield: 6 servings



Ingredients:

Cuban Black Beans

Black Beans, dry
Canola Oil
Yellow Onions, diced
Celery, diced
Ground Cumin
Ground Paprika
Canned Tomatoes, diced
Lime Juice
Salt
Vegetable Broth, Low Sodium

1 cup
1 tbsp
1/3 cup
1/3 cup
2 tsp
2 tsp
1/2 cup
2 tsp
3/4 tsp
1 cup

Cauliflower

Canola Oil
Chipotle Peppers, In Adobo, minced
Agave Nectar
Cauliflower Florets, cut

1 tsp
2 tsp
2 tsp
2 cup

Taco

Yellow Corn Tortilla, 6"
Avocado, sliced
Lime, wedge

8 each
1 each
4 each

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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Functions of **FOOD**

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.
4. 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:

Calories	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Protein (g)	Carbs(g)	Fiber (g)	Sugar (g)
300	5	1	430	28	39	11	3



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Functions of **FOOD**

Mediterranean Greek Salad with Garbanzo Beans FIT

Portion Size: 3 cups

Yield: 6

Ingredients:

Cucumber, diced	1-1/2 cups
Tomato, diced	1-1/2 cups
Red Onion, diced	1/2 cup
Kalamata Olives, pitted, chopped	1 TBSP
Parsley, chopped	3/4 cup
Garbanzo Beans, canned	3 cup
Romaine Lettuce, chopped	8 cups

Dressing:

Olive Oil	2 TBSP
Lemon Juice, fresh	2 TBSP
Oregano, chopped	2 tsp
Basil, thin cut	2 tsp
Salt	1 tsp
Ground Black Pepper	2 tsp

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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