

Stuffed Vegetables!

Cozy up with our hearty **FIT** stuffed or topped vegetables. These flavorful dishes will boost the fiber and antioxidants in your fall routine.



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Food by FLIK



Mushroom and Pork Sausage Stuffed Eggplant

Portion Size: 1 serving Yield: 3

Ingredients:

| | |
|--------------------------|-----------|
| Eggplant, medium size | 1 ½ each |
| Sausage Italian Rope Raw | 4 oz |
| Mushrooms, chopped | 6 oz |
| Eggplant, peeled diced | 3 ½ oz |
| Crushed Tomatoes, canned | 1 2/3 cup |
| Black Pepper | 1/8 tsp |
| Red Chili Flake | pinch |
| Cooking Spray | 3 sprays |
| Basil, chopped | 2 TBSP |
| Mozzarella Cheese | 6 TBSP |

Preparation:

1. Trim ends from eggplant. Cut eggplant in half lengthwise. Scoop inside out of eggplant leaving a 1/2" thick wall of eggplant. Reserve scooped out eggplant flesh; use for "diced eggplant" ingredient in step 4.
2. Spray eggplant flesh side with pan spray. Sprinkle with pepper. Mark the flesh side of eggplant on a grill. Place eggplant on a parchment-lined sheet tray, skin side down, and set aside.
3. Remove sausage from casings. Discard casings. Heat a heavy-bottomed pan. Brown ground sausage.
4. Add mushrooms and diced eggplant flesh to the pan cook until most of the liquid has cooked out. Add crushed tomato, black pepper and red chili flake. Simmer for 20 minutes, sauce should be fairly thick.
5. Stir 1 TBSP basil into sauce. Remove sauce from the heat.
6. Fill each eggplant half with 1 cup of sausage/veg sauce. Top each eggplant half with 2 tbsp. of shredded mozzarella.
7. Bake in a 350°F oven until eggplant is tender and cheese is melted, about 10 minutes. Garnish with basil.

Nutrition Information Per Serving:

| Calories | Total Fat (g) | Sat Fat (g) | Sodium (mg) | Protein (g) | Carbs(g) | Fiber (g) | Sugar (g) |
|----------|---------------|-------------|-------------|-------------|----------|-----------|-----------|
| 230 | 10 | 4 | 575 | 14 | 25 | 9 | 15 |



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Loaded Turkey Quinoa Taco Sweet Potato Fries

Portion Size: 1 serving

Yield: 4 servings

Ingredients:

Turkey, Quinoa Taco Filling

| | |
|--------------------------|----------|
| Quinoa | ½ cup |
| Ground Turkey, 93% Lean | 10 oz |
| Red Onions, chopped fine | 1 1/8 oz |
| Red Peppers, diced fine | 1 1/8 oz |
| Zucchini, shredded | 1 1/8 oz |
| Canola Oil | ¾ tsp |
| Jalapeno, chopped | 1 ¼ tsp |
| Garlic, chopped | ¼ oz |
| Chili Powder | 2 tsp |
| Cumin | ¼ tsp |
| Black Pepper | ¼ tsp |
| Salt | ¼ tsp |
| Tomatoes Crushed, canned | ½ cup |
| Cilantro, chopped | ½ tsp |

Baked Sweet Potato Fries

| | |
|------------------------|----------|
| Sweet Potatoes, Peeled | 2 pounds |
| Canola Oil | 1 tbsp |
| Pepper Black | ¼ tsp |
| Salt Kosher | 1/8 tsp |

FLIK Avocado Salad

| | |
|----------------------|----------|
| Avocado, diced | 2-3/4 oz |
| Red Onion, julienned | 1 oz |
| Tomatoes, diced | 2 oz |
| Cilantro, chopped | 2 tsp |
| Olive Oil | 2 tsp |
| Kosher | 1/8 tsp |
| Black Pepper | 1/8 tsp |
| Lime Juice | 1/8 tsp |
| Cheddar Cheese | ½ cup |
| Cilantro, chopped | 4 tsp |

Preparation:

Sweet Potato Fries:

Wash and peel potatoes. Cut into 1/4" strips. Toss with oil, salt, and pepper. Bake in 400F degree oven for 10 minutes. Stir and bake for another 10 minutes, or until golden.

Quinoa

Prepare quinoa according to package instructions.

Turkey Quinoa Taco Filling:

In a hot skillet cook turkey until cooked throughout. Drain off excess fat and discard. In a separate skillet over medium-high heat, add ¾ tsp canola oil. Sauté onions, bell pepper, zucchini, and jalapeno. Cook until softened. Add garlic, chili powder, cumin, and black pepper to pan with vegetables. Cook until spices are fragrant. Stir in salt, crush tomatoes, and cooked drained turkey. Cook, stirring occasionally for 5 minutes. Remove from the heat and stir in cilantro and quinoa.

Avocado Salad

In a bowl, combine avocado, onion, tomatoes, cilantro, lime juice, olive oil, salt, and pepper. Mix lightly.

For Each Serving

Add ½ cup turkey filling, ¼ cup avocado salad, 2 TBSP cheddar cheese, 1 tsp chopped cilantro, and 1 lime wedge to about 5 oz of sweet potato fries.

Nutrition Information Per Serving:

| Calories | Total Fat (g) | Sat Fat (g) | Sodium (mg) | Protein (g) | Carbs(g) | Fiber (g) | Sugar (g) |
|----------|---------------|-------------|-------------|-------------|----------|-----------|-----------|
| 445 | 20 | 5 | 495 | 24 | 45 | 5 | 15 |



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Functions of **FOOD**

A still life composition of healthy foods. In the foreground, a wooden cutting board holds a piece of salmon, a whole avocado, and a halved avocado showing its pit. To the right, a glass bottle of olive oil is partially visible. In the background, a wooden tray contains a mix of almonds and hazelnuts, with some nuts scattered on the light-colored wooden surface. The overall scene is well-lit and emphasizes natural, nutritious ingredients.

INFLAMMATION

A diet rich in fruits, vegetables, whole grains, beans, legumes, heart healthy fats, and lean protein has been found to combat the inflammatory process in the body.

Functions of **FOOD**

Kale, Cranberry, Ginger, Salad, Pepitas, Orange Ginger Sesame Dressing

Portion Size: 1 salad Yield: 4 servings

Ingredients:

| | |
|-----------------------|-----------|
| Juice Orange | 4 fl oz |
| Ginger, minced | 1 tsp |
| Salt | ½ tsp |
| Seasoned Rice Vinegar | ¼ cup |
| Sesame Oil | 2 tbsp |
| Canola Oil | ¼ cup |
| Parsley, chopped | 1 tbsp |
| Crystallized Ginger | ½ cup |
| Dried Cranberries | ½ cup |
| Pumpkin Seeds, Hulled | ½ cup |
| Kale, chopped | 20 ounces |

Preparation:

1. Reduce orange juice in a pot over an open flame until reduced by 50%. Chill.
2. In a blender, combine reduced OJ, fresh ginger, salt, and vinegar. Blend until smooth.
3. With blender running, slowly stream in sesame and canola oils. Continue blending until dressing is emulsified.
4. Just before turning off blender, add parsley and pulse a few times.
5. Set dressing aside for serving.
6. Roughly chop crystallized ginger.
7. To assemble salad place 5 oz chopped kale, 2 tbsp crystallized ginger, and 2 tbsp pumpkin seeds in a bowl, top with 2 ounces dressing and serve.



Nutrition Information Per Serving:

| Calories | Total Fat (g) | Sat Fat (g) | Sodium (mg) | Protein (g) | Carbs(g) | Fiber (g) | Sugar (g) |
|----------|---------------|-------------|-------------|-------------|----------|-----------|-----------|
| 480 | 35 | 5 | 410 | 13 | 32 | 9 | 18 |



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Functions of **FOOD**

FLIK Swiss Chard, Bok Choy, Asparagus, and Egg Oatmeal Bowl

Portion Size: 1 bowl

Yield: 1 serving

Ingredients:

| | |
|-------------------------|----------|
| Water | 1 ¾ cup |
| Oatmeal, quick cooking | 1 cup |
| Whole Milk | 1 fl oz |
| Canola Oil | ½ tsp |
| Asparagus, chopped | 1/3 cup |
| Bok Choy, chopped | ½ cup |
| Swiss Chard, julienned | ¼ cup |
| Salt | 1/8 tsp |
| Whole Egg | 1 each |
| Cooking Spray | 3 sprays |
| Parmesan Cheese, Grated | 2 tsp |

Preparation:

1. Boil water. Stir in oats. Cook about 5 minutes over medium heat; stir occasionally. Stir in whole milk.
2. Heat oil in a sauté pan. Add Asparagus and cook until almost tender. Toss in bok choy and Swiss chard and cook until wilted. Add salt.
3. Place a nonstick frying pan over medium heat cook egg to your liking.
4. Top oatmeal bowl with ½ cup sauteed green vegetables, 1 egg, 2 tsp. parmesan cheese



Nutrition Information Per Serving:

| Calories | Total Fat (g) | Sat Fat (g) | Sodium (mg) | Protein (g) | Carbs(g) | Fiber (g) | Sugar (g) |
|----------|---------------|-------------|-------------|-------------|----------|-----------|-----------|
| 297 | 12 | 3 | 434 | 15 | 33 | 5 | 3 |



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