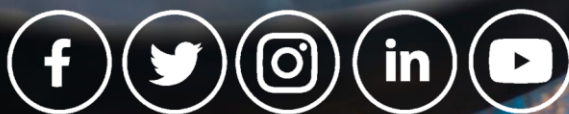# it's time to
# CUE THE CHILI

This month, let's cozy up with a bowl of FIT chili
topped just the way you like it!

Food by FLIK

Let's connect @FLIKhospitality

# Portobello Mushroom Chili FIT

Portion Size: 8 fl. oz.          Yield:  6 servings

| | | | |
|---|---|---|---|
| Portobello Mushrooms | 8 oz. | Cumin, ground | 2 tsp |
| Canola Oil | 2 TBSP | Salt | 1 tsp |
| Bell Peppers, diced | 3 oz. | Crushed Tomatoes, canned | 1-1/3 cup |
| Carrots, diced | 3 oz. | Vegetable Broth, low sodium | 1 cup |
| Onions, diced | 5 oz. | Kidney Beans, canned, rinsed | 1/3 cup |
| Cayenne Pepper | ¼ tsp | Navy Beans, canned, rinsed | 1/3 cup |
| Chili Powder | 1 TBSP | | |

**Preparation:**

1. Trim portobello mushroom stems. Use a spoon and scrape ribs out from the inside of the mushrooms. Dice mushroom.
2. Heat oil in a pot. Add bell peppers, carrots, onions, and mushrooms. Cook until vegetables are softened.
3. Stir in cayenne, chili powder, and cumin.  Continue coking until spices are fragrant.
4. Stir in salt, crushed tomatoes, and vegetable broth.  Bring to a simmer and cook 20-30 minutes.
5. Stir in beans and cook until heated through.

RD NOTE: Help keep the sodium in check: look for canned beans marked "Low Sodium", "Less Salt" or "No Salt Added".

### Nutrition Information Per Serving:

| Calories | Total Fat (g) | Sat Fat (g) | Sodium (mg) | Protein (g) | Carbs(g) | Fiber (g) | Sugar (g) |
|---|---|---|---|---|---|---|---|
| 170 | 5 | <1 | 500 | 8 | 26 | 8 | 6 |

# Turkey, Black Bean Chili FIT

Portion Size: 8 fl. oz.          Yield:  8 servings

| Ingredient | Amount | Ingredient | Amount |
|---|---|---|---|
| Ground Turkey, 93% lean | 1 lb. | Cumin, ground | 2 tsp |
| Canola Oil | 2 tsp | Oregano, dried | ½ tsp |
| Bell Peppers, diced | 6 oz. | Worcestershire Sauce | 2 ½ tsp |
| Onions, diced | 6 oz. | Crushed Tomatoes, canned | 2-1/3 cups |
| Garlic, minced | 2 TBSP | Salt | ¼ tsp |
| Chicken Stock, low sodium | 1 ½ cups | Black Pepper | ¼ tsp |
| Cayenne Pepper | ¼ tsp | Black Beans, canned, rinsed | 1/3 cup |
| Chili Powder | 2 TBSP | Cilantro | 2 TBSP |

**Preparation:**

1.  In a pot, brown ground turkey in oil until cooked through.

2.  Add peppers, onions, and garlic and sauté until soft, about 10 minutes. Drain off excess fat.

3.  Add chicken stock, cayenne pepper, chili powder, cumin, oregano, Worcestershire sauce, crushed tomatoes, salt, and pepper.  Simmer 20-30 minutes.

4.  Add beans and cook until beans are heated through.

5.  Add cilantro right before serving.


RD NOTE: Help keep the sodium in check: look for canned beans marked "Low Sodium", "Less Salt" or "No Salt Added".

## Nutrition Information Per Serving:

| Calories | Total Fat (g) | Sat Fat (g) | Sodium (mg) | Protein (g) | Carbs(g) | Fiber (g) | Sugar (g) |
|---|---|---|---|---|---|---|---|
| 180 | 6 | 1 | 425 | 17 | 18 | 6 | 6 |

# *Functions of* FOOD

## DIGESTION

A diet rich in whole foods including fruits, vegetables, dairy and whole grains feed healthy bacteria in your gut fostering a healthy microbiome.

# Black Bean, Roasted Corn Salsa

Serving Size: ½ cup | Makes 8 servings

## Ingredients:

| | |
|---|---|
| Black Beans | 1 cup, dry |
| Sweet Corn, cut fresh | 1 cup |
| Canola Oil | 1 tsp |
| Roma Tomatoes, seeded, chopped | 2 each |
| Red Onion, diced small | ½ cup |
| Garlic Cloves, peeled, chopped | 1 TBSP |
| Bell Pepper, diced | ½ cup |
| Poblano Pepper, diced | ½ cup |
| Cilantro, chopped | 1/3 cup |

## Dressing:

| | |
|---|---|
| Extra Virgin Olive Oil | 1 tsp |
| Lime Juice | 1 ½ TBSP |
| Cumin, ground | 1 tsp |
| Chili Powder | 1 tsp |
| Salt | ½ tsp |
| Pepper | ¼ tsp |

## Preparation:

1. Prepare black beans starting the day before. Soak beans overnight in water then drain and cook until tender, about 45 minutes.
2. Remove corn kernels from cob, toss in oil and roast on 350° until golden brown. Cool corn and beans in refrigerator.
3. In a large bowl, combine tomatoes, onion, garlic, peppers, and cilantro.
4. Whisk together oil, lime juice, cumin, chili powder, salt, and pepper.
5. Combine everything with dressing and stir together well. Keep refrigerated.

## Nutrition Information Per Serving:

| Calories | Protein (g) | Carbs (g) | Fiber (g) | Sugar (g) | Total Fat (g) | Sat Fat (g) | Sodium (mg) |
|---|---|---|---|---|---|---|---|
| 130 | 7 | 22 | 7 | 2 | 2 | 0 | 110 |

☑ RD APPROVED

# Chimichurri Farro Salad

Serving Size: ½ cup | Makes 6 servings

## Chimichurri Sauce (1/2 cup):

| | |
|---|---|
| Parsley, chopped | ½ cup |
| Cilantro, chopped | 2 TBSP |
| Garlic Cloves, peeled, minced | 1 tsp |
| Cumin, ground | ¾ tsp |
| Salt | ¼ tsp |
| Sugar, granulated | ¾ tsp |
| Apple Cider Vinegar | 3 TBSP |
| Serrano Pepper | ½ each |
| Extra Virgin Olive Oil | ¼ cup |

## Salad:

| | |
|---|---|
| Farro, dry | 1 cup (makes 3 cups cooked) |
| Water | 3 cups |
| Cherry Tomatoes, quartered | ½ cup |
| Cooking Spray | 5 sprays |
| Red Onions, julienne | ¼ cup |
| Arugula | 1 cup |
| Salt | ½ tsp |
| Pepper | ¼ tsp |

## Preparation:

1. Prepare chimichurri sauce. Add all ingredients to a blender and process until smooth.
2. Cook farro according to package directions then chill in refrigerator.
3. On a sheet tray lined with parchment, place cherry tomatoes and lightly spray with cooking spray. Roast tomatoes on 350° for about 20 minutes, until blistered and soft. Let cool.
4. In a bowl, combine farro, chimichurri sauce, tomatoes, red onion, arugula, salt and pepper. Toss to combine.

## Nutrition Information Per Serving:

| Calories | Protein (g) | Carbs (g) | Fiber (g) | Sugar (g) | Total Fat (g) | Sat Fat (g) | Sodium (mg) |
|---|---|---|---|---|---|---|---|
| 180 | 4.5 | 22 | 2.5 | 1 | 8.5 | 0.5 | 200 |

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