

A top-down view of three plant-based tacos served on a white rectangular plate. The tacos are filled with a dark, textured plant-based protein, topped with fresh green cilantro, diced red tomatoes, and white onions. Two lime wedges are placed at the bottom left of the plate. The background is a dark wooden surface.

Plant Forward Tacos

Devour our **FIT** plant-based taco fillings that put a healthy twist on this favorite dish.



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Chickpea “Chorizo” FIT

Portion Size: ½ cup

Yield: 4 servings

Ingredients:

Chickpeas, cooked*	15 oz.	Ground Clove	1/8 tsp
Diced Tomatoes, canned	¼ cup	Salt	¼ tsp
Apple Cider Vinegar	2 ½ tsp	Soy Sauce	2 ½ tsp
Paprika	2 ½ tsp	Canola Oil	¾ tsp
Cumin	½ tsp	Yellow Onion, minced	1/3 cup
Oregano, dried	½ tsp	Mushrooms, finely chopped	1/3 cup
Black Pepper	1/8 tsp	Garlic, minced	2 tsp
Crushed Red Pepper	1/8 tsp	Water	¼ cup

Preparation:

1. Place chickpeas, tomatoes, apple cider vinegar, paprika, cumin, oregano, black pepper, crushed red pepper, cloves, salt, and soy sauce in a bowl, toss to combine.
2. Place mixture in food processor. Pulse 3-6 times, until well mixed and a few large chunks of chickpea remain.
3. Heat oil in a large skillet. Add onions, mushrooms, and garlic. Cook until onions are translucent and fragrant, about 3-5 minutes.
4. Stir in chickpea mixture and water. Occasionally stir to incorporate brown bits from the bottom of the pan back into the mixture. Cook for about 8-10 minutes, until it resembles crumbled chorizo.

*1 can of rinsed, low sodium chickpeas can be used in place of dry to save time.

Nutrition Information Per Serving:

Calories	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Protein (g)	Carbs(g)	Fiber (g)	Sugar (g)
190	4	0	360	10	31	9	6



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Jicama de Gallo

Portion Size: ¼ cup

Yield: 6 servings

Ingredients:

Tomatoes, fresh, diced	6 oz.
Jicama, peeled, diced	5 oz.
Jalapeno, minced	1 TBSP
Cilantro, chopped	¼ cup
Red Onion, finely chopped	2 oz.
Lime Juice	2 TBSP
Lime Zest	2 tsp.
Salt	½ tsp.

Preparation:

1. In a bowl, toss together tomatoes, jicama, jalapeno, cilantro, red onion, lime juice, lime zest and salt.

Use as a fresh salsa in any recipe or serve with baked tortilla chips and guacamole for an easy snack.

Nutrition Information Per Serving:

Calories	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Protein (g)	Carbs(g)	Fiber (g)	Sugar (g)
10	0	0	80	0	2	1	1



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Functions of **FOOD**

LONGEVITY

It's not enough to simply live a long life, we want to live a long life full of vitality! Research shows there's a very strong connection between what we eat, how long we live, and how vital those years are. The key is a colorful and balanced diet rich in phytochemicals, found in plants, and healthy fats.

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Functions of **FOOD**

Roasted Carrot, Salmon, Pesto Vinaigrette Bowl FIT

Portion Size: 1 bowl

Yield: 4 servings

Ingredients:

Roasted Carrots

Carrots, large dice	1 ¾ lb.
Canola Oil	2 TBSP
Salt	½ tsp
Black Pepper	¼ tsp

Steamed Broccoli

Broccoli Florets	¼ lb.
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Grilled Salmon

Salmon Filet	1 ¼ lb.
Black Pepper	1 tsp

Preparation as needed

Pesto Vinaigrette

Pesto	2 TBSP
Olive Oil	¼ cup
White Balsamic Vinegar	2 TBSP
Dijon Mustard	1-1/8 tsp
Salt	1/8 tsp
Black Pepper	1/8 tsp
Lemon Juice	½ tsp

Salad

Baby Spinach	½ lb.
Cherry Tomatoes	1 cup

1. Peel and cut carrots into a 3/4" dice. Toss with oil, salt and pepper. Place on a sheet pan and roast at 400°F until tender and caramelized. Set aside.
2. Steam broccoli florets in a steamer for 3-4 minutes, just until tender. Set aside.
3. Pre-heat a grill pan over medium high heat. Portion the salmon into 5 oz fillets. Spray each salmon filet with cooking spray and season with ¼ teaspoon of fresh ground pepper. Cook salmon until an internal temperature of 145°F. Set aside.
4. To make vinaigrette, combine pesto, oil, white balsamic vinegar, mustard, salt, black pepper, and lemon juice. Whisk to combine. Set aside.
5. To assemble each bowl: Add 2 oz baby spinach to bottom of bowl. Top with ¾ cup roasted carrots, ¼ cup steamed broccoli, 4 oz. grilled salmon, ¼ cup cherry tomatoes, and 1 TBSP vinaigrette.

Nutrition Information Per Serving:

Calories	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Protein (g)	Carbs(g)	Fiber (g)	Sugar (g)
500	34	4	560	29	22	7	10



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Functions of **FOOD**

Avocado, Orange, Daikon, Watercress Salad FIT

Portion Size: ½ cup

Yield: 6 servings

Ingredients:

Cumin Seed	¼ tsp
Olive Oil	2 TBSP
Lime Juice	1 TBSP
Maple Syrup	1 ½ tsp
Salt	1/8 tsp
Black Pepper	1/8 tsp
Watercress, chopped	1 cup
Daikon Radish, matchsticks	¼ lb.
Red Onion, minced	2 TBSP
Avocado, sliced	½ lb.
Orange Segments	½ lb.
Pumpkin Seeds	2 TBSP

Preparation:

1. In a small pan over medium low heat, dry roast cumin seeds until fragrant. Remove from heat and grind.
2. In a separate bowl, whisk together olive oil, lime juice, and maple syrup. Add the toasted ground cumin, salt and pepper. Wisk to combine.
3. Place watercress on a large serving dish. Top with daikon, red onion, avocado slices and orange sections. Sprinkle with pumpkin seeds.
4. Pour vinaigrette over salad and serve.

Nutrition Information Per Serving:

Calories	Total Fat (g)	Sat Fat (g)	Sodium (mg)	Protein (g)	Carbs(g)	Fiber (g)	Sugar (g)
140	11	2	60	3	10	4	5



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