

Spinach, Quinoa Salad, Greek Yogurt, Honey Dijon FIT

Dressing Portion Size: 1.5 fl oz

Dressing Yield: 10 servings



Spinach Quinoa Salad (ingredients for 1 salad)

Baby Spinach	1 cup
Cooked Quinoa	1/3 cup
Red Onion, julienne sliced	2 TBSP
Cucumber, diced	1/4 cup
Hard Boiled Egg, halved or diced	1 egg
Cooked Turkey Bacon, chopped	2 slices (2 tbsp)
Greek Yogurt, Honey Dijon Dressing	3 TBSP

Greek Yogurt, Honey Dijon (ingredients 15 fl oz of dressing)

Fat Free Greek Yogurt	1/2 cup
Olive Oil	1/4 cup
Dijon Mustard	1/4 cup
Honey	3 TBSP
Garlic, minced	1 tsp
Black Pepper	1/8 tsp
Salt	1/8 tsp
Lemon Juice	1/4 cup
Chives, minced	2 TBSP

1. Prepare salad with ingredient amounts listed above.
2. To prepare dressing: Place all ingredient except chives in a blender and blend until smooth. Stir in chives.

Nutrition info (1.5 fl oz dressing): Cal: 80, Total Fat: 1.5g, Sat Fat: 1g, Sodium: 150mg, Carbs: 7g, Protein: 1.5g, Sugar: 6g, Fiber: 0g

Nutrition Info (full salad): Cal: 350, Total Fat: 11g, Sat Fat: 3g, Sodium: 580mg, Carbs: 26g, Protein: 34g, Sugar: 2.5g, Fiber: 6g

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Asian Tofu Salad, Golden Beet, Ginger, Turmeric Vinaigrette FIT

Dressing Portion Size: 1.5 fl oz

Dressing Yield: 10 servings



Asian Tofu Salad (ingredients for 1 salad)

Napa Cabbage, shredded	1 cup
Carrot, shredded	1/4 cup
Red Pepper, julienne sliced	1/4 cup
Scallion, sliced	2 TBSP
Brown Rice, cooked	1/3 cup
Baked Tofu, diced	1/4 cup
Edamame, shelled	1/4 cup
Golden Beet, Ginger, Turmeric Vinaigrette	1.5 fl oz

Golden Beet, Ginger, Turmeric Vinaigrette (ingredients for 15 fl oz of dressing)

Golden Beets	8 oz w t
Canola Oil	1 tsp
Turmeric, dried	1/4 tsp
Apple Cider Vinegar	1/3 cup
Honey	1 TBSP
Cayenne Pepper	1/8 tsp
Orange Juice	3 TBSP
Salt	1/2 tsp
Ginger Root, minced	1 TBSP
Canola Oil	3 TBSP

1. Prepare salad with ingredient amounts listed above.
2. Toss clean beets with oil. Wrap beets individually with foil. Place on a sheet tray and roast in a 350°F oven until very tender, about 1 hour. Cool, then peel beets. Discard peel.
3. In a blender, combine beets with turmeric, apple cider vinegar, honey, cayenne, orange juice, salt and ginger. Blend until very smooth. Continue blending while streaming in oil. Blend until incorporated and emulsified.

Nutrition info (1.5 fl oz dressing): Cal: 60, Total Fat: 4g, Sat Fat: 0g, Sodium: 120mg, Carbs: 5g, Protein: 0.5g, Sugar: 4g, Fiber: 0.5g

Nutrition Info (full salad): Cal: 260, Total Fat: 10g, Sat Fat: 1g, Sodium: 365mg, Carbs: 34g, Protein: 15g, Sugar: 12g, Fiber: 8g

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BUTTERNUT SQUASH QUESO DIP

Portion Size: ¼ cup

Yield: 12 servings

Butternut Squash	24 oz
Oil	1 tsp
Red Onions, fine chopped	6 tbsp.
Garlic, minced	2 tsp
Pepper Jack Cheese, shredded	1 cup
Canned Diced Tomato, No Added Salt, drained	2/3 cup
Jalapeno Peppers, minced	4 tbsp.
Chili Powder	½ tsp
Cumin, ground	½ tsp
Salt	¼ tsp

Nutrition Info (per serving): Cal: 90, Total Fat: 5g, Sat Fat: 3g, Sodium: 146mg, Carbs: 7g, Protein: 4g, Sugar: 2g, Fiber: 1g

1. Preheat oven to 350°F.
2. Cut butternut squash in half lengthwise, scrape and discard seeds from halves.
3. Wrap butternut squash halves in foil and bake until very tender, about 1 hour.
4. Scrape flesh from squash and place in high powered blender. Blend until very smooth.
5. Heat oil in a sauté pan. Sweat onions and garlic until translucent. Add to the blender with shredded pepper jack cheese and blend until very smooth.
6. Place butternut squash mixture in a bowl and stir in tomatoes, jalapeno, chili powder, cumin and salt.
7. Place in a baking dish and bake until heated through and cheese is melted.

Dietitian Note: Serve with vegetable crudité

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FREEKEH, DELICATA SQUASH, POMEGRANATE, SALAD, APPLE CIDER VINAIGRETTE FIT

Portion Size: ½ cup

Yield: 8 servings

Dressing

Apple Cider	¾ cup
Apple Cider Vinegar	2TBSP
Honey	1 TBSP
Salt	¼ tsp
Cinnamon Stick	1 ea

Salad

Delicata Squash	12 oz
Canola Oil	2 tsp
Black Pepper	1/8 tsp
Pumpkin Seeds, hulled	¼ cup
Cooked Freekeh	1.5 cups
Pomegranate Seeds	½ cup
Baby Arugula	2 ½ cups
Salt	1/8 tsp
Apple Cider Dressing	4 TBSP

Nutrition Info (per serving): Cal: 110, Total Fat: 5g, Sat Fat: 1g, Sodium: 50mg, Carbs: 13g, Protein: 4g, Sugar: 4g, Fiber: 3g

1. To prepare dressing: Blend all ingredients except cinnamon stick together. Please cinnamon stick in dressing and allow to sit in the refrigerator overnight. Remove cinnamon stick before serving. You will have extra dressing.
2. Cut ends off of squash. Cut squash in half lengthwise. Using a spoon, remove and discard seeds from squash. Slice squash into 1/8" half-moon shapes.
3. Toss squash with oil and pepper. Roast in a 350°F oven for 10-15 minutes or until tender. Chill before using.
4. Toast pumpkin seeds and allow to cool before tossing with salad.
5. In a large bowl, toss together cooked freekeh, squash, pomegranate seeds, arugula, toasted pumpkin seeds, salt, and cider vinaigrette

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