## Spinach, Quinoa Salad, Greek Yogurt, Honey Dijon FIT



#### Spinach Quinoa Salad (ingredients for 1 salad)

Baby Spinach
Cooked Quinoa
Red Onion, julienne sliced
Cucumber, diced
Hard Boiled Egg, halved or diced
Cooked Turkey Bacon, chopped
Greek Yogurt, Honey Dijon Dressing

1 cup
1/3 cup
2 TBSP
1/4 cup
1 egg
2 slices (2 tbsp)
3 TBSP

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

Fat Free Greek Yogurt ½ cup Oliv e Oil 1/4 cup Dijon Mustard 1/4 cup 3 TBSP Honey Garlic, minced 1 tsp Black Pepper 1/8 tsp Salt 1/8 tsp 1/4 cup Lemon Juice Chives, minced 2 TBSP

- . Prepare salad with ingredient amounts listed above.
- . 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

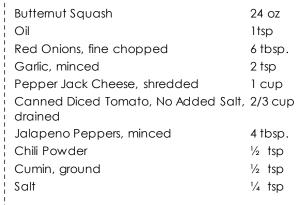
Golden Beets 8 oz w t Canola Oil 1 tsp Turmeric, dried 1/4 tsp 1/3 cup Apple Cider Vinegar 1 TBSP Honey Cayenne Pepper 1/8 tsp Orange Juice 3 TBSP ½ tsp Ginger Root, minced 1 TBSP Canola Oil 3 TBSP

- 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

# **BUTTERNUT SQUASH QUESO DIP**

Portion Size: ¼ cup Yield: 12 servings



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.
- 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
Apple Cider Vinegar
Honey
Salt
Cinnamon Stick
4 cup
1 TBSP
1 TBSP
1 tsp
1 tsp

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

Nutrition Info (perserving): Cal: 110, Total Fat: 5g, Sat Fat: 1g, Sodium: 50mg, Carbs: 13g, Protein: 4g,

Sugar: 4g, Fiber: 3g



- To prepare dressing: Blend all ingredients except cinnamon stick together. Please cinnamon stick in dressing and allow to sit in the refrigerator ov ernight. Remove cinnamon stick before serving. You will have extra dressing.
- 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 ov en 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 v inaigrette

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