

FARRO, BROCCOLI PARMESAN RISOTTO **FIT**

Portion Size: ½ cup Yield: 12 servings



White Wine	½ cup	Garlic, minced	3 TBSP
Vegetable Broth	9 ½ cups	Farro, dry	½ lb
Broccoli	1 ¼ lb	Black Pepper	1/8 tsp
Canola Oil	3 TBSP	Parmesan Cheese, grated	3 TBSP
Yellow Onion, chopped	½ cup		

1. In a pot, combine white wine and vegetable broth. Bring up to a simmer. Hold hot while cooking risotto.
2. Roughly chop broccoli (use all of broccoli: stems and florets).
3. Place broccoli in a food processor and pulse until it is in pieces the size of rice.
4. Heat oil in a pan. Sweat onions and garlic until softened.
5. Add farro. Stir to coat with oil and toast until fragrant, about 1 minute.
6. Add broth/wine mixture to farro by the ladle full; allowing each bit of liquid to be absorbed before adding more. Continue until almost all liquid has been absorbed.
7. Stir in broccoli "rice" and cook for 30 seconds. *DO NOT overcook; broccoli cooks quickly.*
8. Remove risotto from heat and stir in black pepper and parmesan.

Nutrition Info: Cal: 130, Total Fat: 4g, Sat Fat: <1g, Sodium: 98mg, Carbs: 19g, Protein: 15g, Sugar: 2g, Fiber: 3g

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BUTTERNUT SQUASH SPAGHETTI, CAULIFLOWER CREAM **FIT**

Portion Size: 1 cup squash, 2 fl oz sauce Yield: 6 servings



Cauliflower Cream Sauce

Garlic, minced	1 tsp
Canola Oil	¾ tsp
Vegetable Broth	1/2 cup
Cauliflower, chopped	7 oz
Whole Milk	1/2 cup
Salt	¼ tsp

Spaghetti

Whole Wheat Spaghetti	5 oz
Canola Oil	2 TBSP
Garlic, minced	2 ½ tsp
Spiralized Butternut Squash	5 oz
Salt	¼ tsp
Black Pepper	1/8 tsp

Cauliflower Cream Sauce

In a pot, sauté garlic in oil until very lightly browned. Add broth to pot and bring up to a simmer. Add cauliflower (use all of cauliflower: stems and florets) to broth and allow to cook until tender, about 10 minutes. Strain cauliflower and reserve broth separately. Place strained cauliflower mixture, milk, and salt in a blender and blend until very smooth. Add all of the remaining broth to thin it out.

Spaghetti

Cook spaghetti according to package instruction. Heat oil in a sauté pan. Add garlic and butternut squash. Cook until squash is tender. Toss spaghetti, salt, and pepper into butternut squash.

To Serve: mix ½ cup of spaghetti mixture with 2 fl oz of sauce.

Nutrition Info: Cal: 140, Total Fat: 7g, Sat Fat: 1g, Sodium: 210mg, Carbs: 17g, Protein: 5g, Sugar: 3g, Fiber: 3g

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