

QUINOA, OAT, SUNFLOWER SEED, DRIED FRUIT GRANOLA

Portion Size: ¼ cup Yield: 12 servings



Nutrition Info: Cal: 120, Total Fat: 4g, Sat Fat: 0.5g, Sodium: 10mg, Carbs: 17g, Protein: 3g, Sugar: 6g, Fiber: 2g

Old Fashioned Oats	1 ¼ cup
Quinoa, dry	¼ cup
Sunflower Seeds	2 ¼ oz
Canola Oil	1 TBSP
Agave Nectar	3 TBSP
Ground Ginger	1 tsp
Ground Cinnamon	½ tsp
Salt	1/8 tsp
Dried Cranberries	¼ cup
Raisins	¼ cup oz wt

1. In a bowl, combine oats, quinoa, and sunflower seeds.
2. In a separate bowl, whisk together oil, agave, ginger, cinnamon and salt.
3. Combine mixture with oats mixture and stir until evenly combined.
4. Place on a parchment lined sheet tray and bake in a 350°F oven, tossing every 5 minutes until golden brown, about 20-30 minutes.
5. Allow granola to cool. Break up granola and toss with raisins and dried cranberries.

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CHICKEN CAESAR FREEKEH SALAD

Portion Size: ½ cup Yield: 10 servings



Nutrition Info: Cal: 160, Total Fat: 7g, Sat Fat: 1.3g, Sodium: 140mg, Carbs: 16g, Protein: 9g, Sugar: 0g, Fiber: 4g

Grilled Chicken Breast

Chicken Breast	8 oz wt
Black Pepper	¼ tsp
Lemon Juice	¼ tsp
Canola Oil	½ tsp

Caesar Dressing

Anchovy Fillets	2 each
Dijon Mustard	1 tsp
Mayonnaise, Light	½ cup
Red Wine Vinegar	1 TBSP
Salt and Pepper	pinch
Fresh Garlic, Chopped	½ tsp

Sour Cream	¼ cup
Tabasco Sauce	1 tsp
Worcestershire Sauce	1 tsp
Canola Oil	¼ cup
Parmesan Cheese, grated	1 ½ tsp
Water	1-1/4 TBSP

Salad

Parmesan Cheese, shredded	½ oz
Romaine Lettuce, chopped	1 ½ oz
Tomatoes, diced	1 ½ oz wt
Cooked Freekeh	3 cups

1. Toss chicken breast in lemon juice and oil and sprinkle with black pepper. Grill chicken and cook until internal temperature of 165°F is reached.
2. Combine anchovies, dijon mustard, mayo, red wine vinegar, salt, black pepper, garlic, sour cream, hot sauce, and Worcestershire sauce in blender. Blend until smooth. Slowly incorporate canola oil until smooth. Add parmesan cheese and cold water pulsing until incorporated.
3. In a large bowl, toss together parmesan, romaine, tomatoes, cooked freekeh, and chicken with dressing.

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