QUINOA, OAT, SUNFLOWER SEED, **DRIED FRUIT GRANOLA**

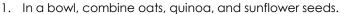
Portion Size: ¹/₄ cup

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	1/4 cup oz wt



- 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: ¹/₂ cup Yield: 10 servings



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

Grilled Chicken Breast

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Chicken Breast	8 oz wt	Sour Cream	1/4 CUP
Black Pepper	¼ tsp	Tabasco Sauce	1 tsp
Lemon Juice	¼ tsp	Worcestershire Sauce	1 tsp
Canola Oil	½ tsp	Canola Oil	¼ cup
Caesar Dressing		Parmesan Cheese, grated	1 ½ tsp
Anchovy Fillets	2 each	Water	1-1/4 TBSP
Dijon Mustard	1 tsp	Salad	
Mayonnaise, Light	½ cup	Parmesan Cheese, shredded	½ OZ
Red Wine Vinegar	1 TBSP	Romaine Lettuce, chopped	1 ½ oz
Salt and Pepper	pinch	Tomatoes, diced	1 ½ oz wt
Fresh Garlic, Chopped	½ tsp	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.

In a large bowl, toss together parmesan, romaine, tomatoes, cooked 3. freekeh, and chicken with dressing.

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