

SOBA NOODLE, KIMCHI, CUCUMBER SALAD

Portion Size: 1/2 cup

Yield: 6 servings



Soba Noodles, dry	8 oz wt
Kosher Salt	1/4 tsp
Lime Juice	1 tbsps
Orange Juice	2 tsp
Sesame Oil	1 1/4 tsp
Canola Oil	1 1/4 tsp
Sesame Seeds, toasted	1 tbsps
Kimchi	3 oz wt
English Cucumbers, diced	3 oz wt

Nutrition Info (per serving): Cal: 80,
Total Fat: 4g, Sat Fat: <1g, Sodium:
200mg, Carbs: 9g, Protein: 3g,
Sugar: <1g, Fiber: <1g

1. Prepare soba noodles according to package instructions. Chill.
2. In a bowl, stir together salt, lime juice, orange juice, sesame oil, canola oil, and sesame seeds.
3. Roughly chop kimchi. Toss noodles with dressing, kimchi, and cucumber until evenly mixed.

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FIT BROCCOLI APPLE SALAD, GREEK YOGURT DRESSING

Portion Size: 1/2 cup

Yield: 6 servings



Greek Yogurt, Plain, Fat Free	1 tbsps
Apple Cider Vinegar	2 tsp
Honey	1 tsp
Kosher Salt	1/8 tsp
Ground Black Pepper	1/8 tsp
Broccoli	8 oz wt
Granny Smith Apples	3 oz wt
Lemon Juice	1/2 tsp
Dried Cranberries	2 tbsps

Nutrition Info (per serving): Cal: 35,
Total Fat: <1g, Sat Fat: <1g, Sodium:
65mg, Carbs: 7g, Protein: 1g, Sugar:
5g, Fiber: 1g

1. Whisk plain fat-free yogurt, cider vinegar, honey, salt, and pepper until combined to make the dressing. Set aside.
2. Cut broccoli into florets, reserve stems. Blanch florets until just tender, and shock in ice bath. Drain and reserve florets. Julienne stems.
3. Core apples and slice into half moon pieces. Toss slices in the lemon juice.
4. Toss apples, broccoli, cranberries, and dressing together. Chill for 1 hour. Serve.

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