

CHICKEN STUFFED POBLANO PEPPER “TACO”, QUESO FRESCO **FIT**



Portion Size: 1 each

Yield: 6 servings

Poblano Peppers	3 each	Chili Powder	1 ¾ tsp
Cooking Spray	as needed	Ground Chicken	1 pound
Canola Oil	1 ½ tsp	Crushed Tomatoes, canned	½ cup
Yellow Onion, diced	1/3 cup	Freekeh, cooked	1/3 cup
Button Mushrooms, minced	½ cup	Salt	¾ tsp
Jalapeno, fresh, diced	2 ½ tsp	Black Pepper	¼ tsp
Garlic, fresh, minced	1 ¾ tsp	Cilantro, chopped	2 ½ tsp
Cumin	½ tsp	Queso Fresco, crumbled	3 oz

Nutrition Info (per serving): Cal: 250,
Total Fat: 15g, Sat Fat: 5g, Sodium:
500mg, Carbs: 13g, Protein: 19g,
Sugar: 6g, Fiber: 5g

1. Cut poblano peppers in half lengthwise. Scrape and discard seeds and ribs from peppers (leave stems intact).
2. Prepare grill with pan spray. Lightly char poblano halves on both sides. Place poblanos on parchment-lined sheet trays, flesh-side up.
3. Heat oil in pan. Add onions, mushrooms, jalapeno, and garlic. Cook until softened. Add cumin and chili powder to pan and continue cooking until fragrant.
4. Add chicken to pan. Brown chicken, breaking into smaller pieces while cooking.
5. Add crushed tomatoes, freekeh, salt, and pepper. Continue cooking until chicken is cooked through. Stir in cilantro.
6. Stuff each pepper half with ½ cup chicken filling, top with 2 tablespoons queso fresco.
7. Bake in a 350°F oven just long enough to melt cheese, about 3-5 minutes.

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CHILE LIME SEASONED PEPITAS (Pumpkin Seeds) **FIT**



Portion Size: 1 oz

Yield: 16 servings

Pumpkin Seeds, hulled	1 pound
Canola Oil	1 ½ TBSP
Chili Powder	1 TBSP
Lime Zest	1 tsp
Kosher Salt	¼ tsp

Nutrition Info (per 1 oz serving): Cal: 180,
Total Fat: 15g, Sat Fat: 2.5g, Sodium:
60mg, Carbs: 4g, Protein: 9g,
Sugar: 0g, Fiber: 2g

1. Coat hulled pumpkin seeds in oil.
2. Combine chili powder, lime zest, and salt.
3. Add seasoning mixture to pumpkin seeds and toss to combine.
4. Bake on a sheet pan at 325°F for 5 minutes or until fragrant.

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