



FLIK INDEPENDENT SCHOOL DINING

*Nourishing a Brighter Future!*

# Chili Lime Corn Salad

## INGREDIENTS FOR 6 SERVINGS:

- 3 Ears Charred Corn, Shucked
- 1 1/2 tbsp Canola Oil
- 2 1/4 tsp Granulated Sugar
- 3 tbsp Fresh, Chopped Cilantro
- 1 1/2 tbsp Fresh Squeezed, Lime Juice
- 1 1/2 tbsp Fresh, Seeded, Diced Jalapeno Peppers
- 1/4 tsp Kosher Salt
- 3/8 tsp Fresh Ground Black Pepper
- Pan Coating Cooking Spray

## INSTRUCTIONS:

1. Prepare Grill with Pan Spray & Grill Corn on the Cob until Kernels are Lightly Charred.
2. Remove from Grill & Chill.
3. Cut Kernels off Corn and Discard Cobbs.
4. In a Bowl - Whisk together Oil, Sugar, Cilantro, Lime Juice, Jalapeno, Salt, and Pepper.
5. Toss with Chilled Corn Kernels & Serve!

**SERVING SIZE: 1/2 CUP**

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VEGAN





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*Tip from the Chef!*

Corn Pudding takes a while to bake.  
Use shallow dishes around 2" deep for the  
best results!

# Corn Pudding

## INGREDIENTS FOR 8 SERVINGS:

- 1 1/8 tbsp All Purpose Flour
- 3/4 tsp Baking Powder
- 1/3 tsp Kosher Salt
- 1/8 tsp Fresh Ground Black Pepper
- 3 Large Eggs, Beaten
- 3/4 cup Heavy Whipping Cream
- 2 3/4 oz Unsalted Butter
- 2 1/3 tbsp Granulated Sugar
- 3 cups Fresh Corn Kernels
- Pan Coating Cooking Spray

## INSTRUCTIONS:

1. In a Bowl - Whisk together Flour, Baking Powder, Salt, and Pepper.
2. In a Separate Bowl - Whisk together Liquid Eggs, Heavy Cream, Melted Butter, and Sugar.
3. Whisk Wet Ingredients into Dry until Smooth, and then Stir Corn Kernels into Mixture.
4. Prepare Baking Dishes with Pan Spray & Pour Batter into Dishes.
5. Bakes in a 325F degree oven until Pudding is Set & Barely Jiggles in the Center - about 45 mins

**SERVING SIZE: 1/2 CUP**

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*Tip from the Chef!*

Use the water to rinse out tomato cans to ensure you get every drop!

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# REVVED UP Marinara Sauce

## INGREDIENTS FOR 10 SERVINGS:

- 3/8 oz Chopped Garlic Cloves
- 1/2 cup Finely Diced Onions
- 3 tsp Canola Oil
- 2 tbsp Finely Chopped Carrots
- 4 tbsp Thinly Sliced Button Mushrooms
- 4 tbsp Small Diced Red Bell Peppers
- 2 tbsp Diced Parsnips
- 2 tbsp Small Diced Celery
- 1 28 oz can Crushed Tomato
- 1 12 oz can Tomato Puree
- 2 tbsp Chopped Oregano
- 1/2 tsp Kosher Salt
- 1/8 tsp Crushed Red Pepper Flakes
- 3 tsp Granulated Sugar
- 4 tbsp Chopped Basil
- 4 tbsp Water
- 1/2 cup Chopped Spinach
- 1 1/2 tsp Chopped Parsley

## INSTRUCTIONS:

1. Sauté Onions & Garlic in Oil until Translucent.
2. Add Carrots, Mushrooms, Peppers, Parsnips & Celery, and continue to Sauté for 3-5 mins.
3. Add Crushed Tomatoes, Tomato Puree & Water. Then Add Sugar, Oregano, Basil, Red Pepper & Salt.
4. Simmer 45 mins & Puree well with Immersion Blender.
5. Add Spinach & Parsley, and Stir until Wilted.

**SERVING SIZE: 1/2 CUP**

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