



FAN FAVORITE RECIPES

A mini digital booklet of
The Healthy Epicurean's
most treasured dishes

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Ham & Cabbage Soup

with potatoes, carrots and thyme



INGREDIENTS

- 1 tablespoon oil
- 1 small onion, peeled and diced
- 1 large carrot, peeled and sliced
- 2 cloves garlic, peeled and minced
- 3 medium Yukon gold potatoes, skins on, diced
- 1 small head green cabbage, chopped
- 1-1 1/2 cups diced ham
- 1 tablespoon fresh thyme, chopped
- 3/4 teaspoon coarse salt
- 1/2 teaspoon black pepper
- 1/4 teaspoon celery salt
- 8-9 cups unsalted chicken stock
- 2 bay leaves
- 1-2 tablespoons chicken bouillon



8 servings



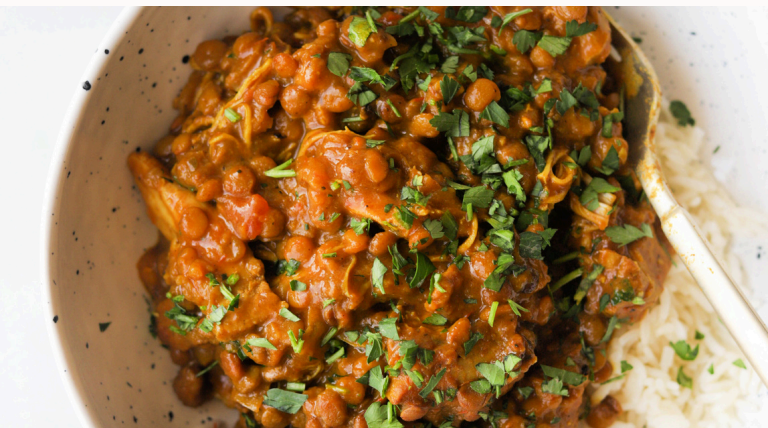
50 minutes

DIRECTIONS

1. Heat oil in a Dutch oven over medium heat.
2. Add onion and carrot; saute 3-4 minutes or until slightly soft.
3. Stir in garlic; saute 30-60 seconds or until fragrant.
4. Stir in potatoes, cabbage, ham, thyme, salt, black pepper and celery salt.
5. Add chicken stock and bay leaves; bring to a simmer.
6. Reduce heat to low. Stir in bouillon.
7. Cook, covered, 20-25 minutes or until potatoes are tender. Remove bay leaves; discard.
8. Taste and adjust seasoning, if necessary.

Chicken Lentil Curry

with coconut milk and lime



6 servings



35 minutes

INGREDIENTS

- 1 tablespoon olive oil
- 1 medium onion, peeled and diced
- 2-3 cloves garlic, minced
- 2-inch piece fresh ginger, minced
- 1 1/2 tablespoons garam masala
- 2 teaspoons turmeric
- 1-1 1/2 teaspoons coarse salt
- 1/2 teaspoon black pepper
- 1/4 teaspoon crushed red pepper
- 1 cup dried lentils
- 1 1/2 pounds boneless skinless chicken thighs
- 15-ounce can full fat coconut milk
- 1/3 cup chicken stock or broth
- Splash fresh lime juice
- 1/2 cup cilantro, chopped
- Jasmine rice, for serving

DIRECTIONS

1. Heat olive oil in a Dutch oven or braising pan to medium heat. Add onion; saute 4-5 minutes or until soft.
2. Add garlic, ginger, garam masala, turmeric, salt, black pepper and crushed red pepper; saute 30-60 seconds or until fragrant.
3. Stir in lentils. Add chicken thighs; turn to coat in spices.
4. Add tomatoes, coconut milk and stock. Bring to a simmer; cover. Cook 20-30 minutes or until lentils are tender.
5. Use tongs or forks to shred chicken into bite-sized pieces.
6. Stir in lime juice and cilantro.
7. Serve over cooked Jasmine rice.

Pesto Tomato Soup

with basil and balsamic vinegar



INGREDIENTS

- 1 1/2 tablespoons olive oil
- 1 small onion, peeled and diced
- 2-3 cloves garlic, minced
- 1 tablespoon dried basil
- 1 1/2 teaspoons coarse salt
- 1 teaspoon dried oregano
- 1/2 teaspoon black pepper
- Pinch crushed red pepper
- 3 tablespoons tomato paste
- 3 tablespoons basil pesto
- 2 32-ounce cans San Marzano tomatoes
- 1/2 cup half-and-half or cream
- 1 1/2 tablespoons sugar
- 1 tablespoon balsamic vinegar
- Freshly cracked black pepper

DIRECTIONS



8 servings



35 minutes

1. Heat olive oil in a Dutch oven or stock pot to medium heat.
2. Add onion; saute 4-5 minutes or until soft. Add garlic; saute 30-60 seconds or until fragrant. Stir in dried basil, salt, dried oregano, black pepper and crushed red pepper.
3. Stir in tomato paste and pesto.
4. Increase heat to medium-high. Add tomatoes.
5. Simmer, uncovered, 20-25 minutes, stirring occasionally.
6. Remove from heat. Using an immersion blender, puree soup until smooth.
7. Stir in half-and-half or cream, sugar and balsamic vinegar.
8. Serve in bowls; top with freshly cracked black pepper.

Zucchini & Bacon Quiche

with fresh herbs and cheddar cheese



INGREDIENTS

Crust:

- 1 1/4 cups all-purpose flour
- 1/4 teaspoon coarse salt
- 8 tablespoons cold butter, cubed
- 4-5 tablespoons ice water

Filling:

- 1 medium zucchini, shredded (1 cup)
- 1 1/4 teaspoons coarse salt, divided
- 1/2 pound uncured bacon, chopped
- 8 large eggs
- 1/4 cup plain Greek yogurt
- 2 tablespoons Dijon mustard
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1/2 teaspoon black pepper
- 1 tablespoon fresh dill, snipped
- 1/4 teaspoon dried thyme
- 1/4 teaspoon crushed red pepper
- 1/2 cup shredded cheddar cheese



8 servings



1 hour

DIRECTIONS

- Place flour, salt and butter cubes in the bowl of a food processor. Pulse; add ice water, 1 tablespoon at a time, until pea-sized granules form.
- Transfer to a flat work surface dusted with flour. Work the dough with your hands until it forms a ball. Wrap in plastic wrap; refrigerate at least 30 minutes.
- In the meantime, place shredded zucchini in a bowl; sprinkle with 1/2 teaspoon salt. Let sit 5-10 minutes. Place zucchini in a clean kitchen towel; squeeze moisture out into the sink. Set zucchini aside.
- Heat a large skillet to medium. Add chopped bacon; cook until browned, 6-7 minutes, stirring occasionally. Use a slotted spoon to transfer to a paper towel-lined plate. Discard bacon fat or reserve for another use. Set bacon aside.
- Preheat oven to 425F.
- In a large bowl, whisk together eggs, Greek yogurt, Dijon, onion powder, garlic powder, remaining 1 teaspoon salt, black pepper, dill, thyme and red pepper flakes. Add shredded zucchini and cooked bacon; fold until well-combined. Set aside.
- Remove dough from the plastic wrap; place on a flat surface dusted with flour. Use a rolling pin to roll it out into a large circle; transfer to an ungreased deep dish pie plate; fold over edges and press with thumbs. Poke holes in the bottom of the dough with a fork.
- Pour egg mixture into the pie plate. Top with shredded cheese. Bake 10 minutes, then reduce oven temperature to 350F. Bake another 20-30 minutes or until filling is set. Let slightly cool; slice and serve.

Greek Chicken Bowls

with lemon olive oil dressing



INGREDIENTS

Dressing:

- Zest and juice of 1 medium lemon
- 2 tablespoons red wine vinegar
- 1 tablespoon sugar or honey
- 1/2 tablespoon dried oregano
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 cup olive oil

Chicken:

- 2 tablespoons olive oil
- 1-pound boneless skinless chicken breasts
- 1 teaspoon dried oregano
- 1/2 teaspoon coarse salt
- 1/2 teaspoon black pepper

Bowls:

- 2 cups cooked grains
- 4 cups fresh baby spinach
- 1 medium English cucumber, diced
- 1-pint cherry tomatoes, halved
- 1 cup pitted Greek olives
- 1 cup marinated artichoke hearts, halved
- 1 cup crumbled feta cheese



4 servings



20 minutes

DIRECTIONS

1. In a small bowl, whisk together dressing ingredients. Cover; refrigerate until ready to use.
2. Heat olive oil in a large skillet to medium heat.
3. Season chicken breasts with oregano, salt and pepper.
4. Place chicken in the hot oil; cook 4-5 minutes per side or until internal temperature reaches 165°F.
5. Remove from the skillet; let rest. Slice into thin strips.
6. To assemble bowls, evenly distribute cooked grains, spinach, sliced chicken breast, cucumber, tomatoes, olives, artichokes and feta into 4 large bowls. Drizzle each with dressing to serve.

Tip: This recipe is great for meal prep. Place bowl ingredients in 4 glass containers. Place dressing in 4 individual cups. Fit each with a lid. Store in the refrigerator up to 3 days. Drizzle dressing on bowl ingredients just before eating.

Pepita-Crusted Tuna Cakes

served with a green salad



INGREDIENTS

Pepita Crust:

1/3 cup pepitas

1/4 teaspoon salt

Tuna Cakes:

8 ounce pouch albacore tuna

2 large eggs

1/2 cup Panko breadcrumbs

1/4 cup parsley, chopped

Zest and juice of 1/2 lemon

1 tablespoon Dijon mustard

1 1/2 teaspoon dried oregano

1/2 teaspoon salt

1/4 teaspoon black pepper

1/4 teaspoon crushed red
pepper

2 tablespoons olive oil

DIRECTIONS



6 servings



20 minutes

1. Place pepitas in the bowl of a small food processor. Pulse until crumbs form. Transfer to a shallow dish; stir in salt.
2. Place tuna, eggs, breadcrumbs, parsley, lemon zest and juice, Dijon, oregano, salt, black pepper and crushed red pepper in a bowl. Use the back of a fork or potato masher to form a chunky paste. Form mixture into 6 equal-sized patties. Press each patty into the pepita mixture on all sides.
3. Heat olive oil in a large skillet to medium heat. Once hot, add cakes. Cook 3-4 minutes per side or until browned and crispy.
4. Serve tuna cakes with a fresh spring mix salad.

Chocolate Avocado Donuts

with dark chocolate glaze



INGREDIENTS

Donuts:

- 1 1/2 cups flour (oat is preferred)
- 3 tablespoons cocoa powder
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 1 medium ripe avocado, mashed (about 1/2 cup)
- 1 large egg
- 3/4 cup sugar
- 2 tablespoons oil
- 1 cup milk
- 1 1/2 teaspoons vanilla extract

Glaze:

- 1/2 cup dark chocolate chips
- 2 tablespoons butter or coconut oil
- 1/2 cup powdered sugar
- Milk, as needed

Chopped nuts and shredded coconut

DIRECTIONS



12 donuts



25 minutes

1. Preheat oven to 350F. Coat two 6-hole donut baking pans with cooking spray; set aside.
2. Sift flour, cocoa powder, baking powder, baking soda and salt into a large mixing bowl. Stir to combine.
3. In a separate bowl, use a hand mixer to beat avocado and egg until smooth. Add sugar and oil; beat until fluffy. Whisk in milk and vanilla extract until incorporated.
4. Pour dry ingredients into the bowl with wet ingredients; beat on low speed just until a smooth batter forms.
5. Pour batter into each donut well, filling 3/4 of the way full (not covering the donut hole center).
6. Bake 10-12 minutes or until set. Let slightly cool, then flip onto a wire rack to cool completely.
7. In a small bowl, microwave chocolate chips and butter or oil in 30 second increments, stirring in between, until melted. Whisk in powdered sugar. Whisk in milk to thin, as needed. Pour glaze onto each donut.
8. Top with chopped nuts and shredded coconut, if desired.