



# Easy Recipes for Healthy Eating



These are some favorite recipes from Chef Hubert Hohler at the Buchinger-Wilhelmi Clinic in Germany. They are all easy for the novice cook and have been enjoyed by guests at the clinic for many years.

The best of good healthy eating!



# Easy Recipes for Healthy Eating

## Basic Soup and Sauce (Featuring Fennel)

### Basic Sauce

Ingredients (Makes 1 liter)

- Cold pressed olive oil (15 grams/1 T)
- Fennel, washed (200 grams/2 cups)
- Potato, peeled (150 grams/1/2 cup)
- Water or vegetable broth (700 ml/3 cups)
- Salt, pepper, bay leaf

Cut vegetables and potato into walnut sized cubes and sauté lightly without browning. Add liquid and bay leaf. Bring to a boil, then simmer gently until the vegetables are tender. Remove the bay leaf, season with salt and pepper, and add 1 tablespoon of olive oil. Purée in a blender until a smooth and creamy consistency is achieved. This is a basic sauce that can be seasoned with various ingredients, such as saffron or other herbs and spices.

### Creamy Fennel Soup

Ingredients (Serves 4)

- Fennel (200 grams/2 cups)
- Potatoes (80 grams/1/4 cup)
- Celery (20 grams/1/4 cup)
- Leek (white part only; if you use the green part, your soup will be greener with a slightly stronger taste of leek (40 grams/1/2 cup)
- Cold pressed almond oil (10 grams/2 tsp)
- Vegetable broth (500 ml/2 cups)
- Salt

Wash, peel, and cut the vegetables into large cubes. Sauté in a pan without oil. Add the vegetable broth and salt, and cover with a lid. Simmer until the vegetables are soft and tender. Blend, and, if necessary, add more vegetable broth.





# Easy Recipes for Healthy Eating

## Sprout and Apple Salad

### Ingredients (Serves 1)

- Cottage cheese (or any low-fat substitute such as soy yogurt) (100 grams/1/2 cup)
- Red pepper (150 grams/7/8 cup)
- Apple (100 grams/7/8 cup)
- Spring onion (50 grams/ 1/3 cup)
- Sprouts (e.g., lentil, radish, alfalfa, mustard, watercress) (40 grams/3/8 cup)
- Chopped herbs (3 T)
- Edible flowers for decoration

Wash the sprouts and drain them in a sieve. Cut the red pepper and the spring onions in small strips and the apples into slices. Mix everything with the chopped herbs and the cottage cheese. Allow to marinate for about 15 minutes before serving.





# Easy Recipes for Healthy Eating

## Avocado Vinaigrette

### Ingredients (Serves 4)

- Ripe avocado (15 grams/1 T)
- White balsamic vinegar (15 ml/1 T)
- Cold pressed oil (e.g., olive/sunflower/almond oil) (5 ml/1 tsp)
- Mustard (1/2 tsp)
- Water or vegetable broth (90 ml/1/3 cup)
- Fresh herbs (arugula, watercress, wild garlic, chives, parsley, basil, dill, etc.)
- Salt & pepper (to taste)

Blend all ingredients in the blender until smooth. Then add the herbs and blend again if necessary. To adjust the consistency of the dressing, you may add more water or vegetable broth.

Even a recipe so simple allows some creativity. You can add a bit of onion. You can use carrot juice instead of water. Or you can add tomatoes, which will change the color of the dressing for variety and taste.





# Easy Recipes for Healthy Eating

## Cottage Cheese Souffle

### Ingredients (Serves 2)

- Cottage cheese (320 grams/1 ½ cups)
- Grated parmesan (40 grams/3/8 cup)
- 2 eggs
- Salt, pepper, nutmeg
- Oil for pan

Place the cottage cheese in a fine mesh sieve and drain for about 30 minutes. Then, mix the cottage cheese with the remaining ingredients, stir well, and season with the spices. Lightly grease the soufflé mold(s) and fill with the mixture. Cook the soufflé in a water bath on the stove top or in the oven, covered, for 20 minutes.





# Easy Recipes for Healthy Eating

## Vegetable and Polenta Gratin

### Polenta

Ingredients (Serves 6)

- Water (.5 liter/2 cups)
- Polenta (150 grams/1 cup)
- Grated parmesan (30 grams/1/3 cup)
- Olive oil (5 grams/1 tsp)
- Tarragon (1 T)
- Salt, pepper, turmeric

Bring water and olive oil to a boil. Add the polenta and spices. Simmer on a low heat while stirring constantly. When cooked, add the parmesan and tarragon and season to taste. Spread the polenta on a greased baking tray or baking dish and bake for about 10 minutes in the oven on 130C/270F.

### Vegetables

Ingredients (Serves 6)

- Vegetables (e.g., spinach, asparagus, eggplant, or fennel) (500 grams/2–5 cups depending on vegetable)
- Grated parmesan (30 grams/1/3 cup)
- Tomatoes (2-3 tomatoes)
- Honey, orange, parsley, salt and pepper

Prepare whichever vegetable you have chosen to feature. For spinach, for example, pre-steam and then sauté briefly. Place the spinach on top of the polenta. Add deseeded, finely diced tomato (or sliced cherry tomatoes) and parmesan. Season and bake for 8-10 minutes in a 180C/350F oven.





# Easy Recipes for Healthy Eating

## Lavender Cake

Ingredients (Serves 12)

- Egg yolks (2)
- Egg whites (2) whisked until stiff
- Sugar (90 grams/1/2 cup)
- Almond oil (1/2 cup)
- Vanilla (1 tsp)
- Baking powder (1 T)
- Orange juice (1/2 cup)
- Wholegrain flour (125 grams/1 cup)
- Lavender, ground (2 tsp)
- Almonds, ground (2 T)
- Blueberries, raspberries or pear (for topping) (100 grams/2/3 cup)

Preheat oven to 170C/340F. Mix together the egg yolks, sugar, oil, vanilla, baking powder, and orange juice until light and fluffy. Stir in the flour, lavender, and almonds and carefully fold in the egg whites. Spoon the mixture in to a baking tin. Add the berries or pear on top and bake for 45 minutes.

