

## CHEESE RECIPES

### Cottage cheese Spread

#### Ingredients (for 1 serving)

1 Portion vegetable (onion, bell pepper, salad)  
1 clove of garlic  
Fresh herbs, fresh pepper  
1 Portion cottage cheese  
Salt, Paprika/red pepper powder

#### Preparation

1. Peel onion and chop it finely. Wash peppers and cut them into very small cubes.
2. Wash and spin dry lettuce. Peel garlic and chop it finely. Wash the herbs and chop them finely.
3. Put a bite of the cheese aside to begin the meal with.
4. Grate the remaining cheese. Mix the vegetables and herbs with the cheese. Add half teaspoon water to make the spread creamy. Season it with salt, pepper and paprika.
5. Enjoy the spread with a slice of rye crisp bread.



### Stuffed peppers

#### Ingredients (for 1 serving)

1 Portion of vegetable (bell pepper, onion, leaf spinach)  
1 small clove of garlic  
Salt, fresh pepper  
1 Portion mozzarella

#### Preparation

1. Wash peppers, cut stem and remove the seeds. Peel onion and chop into small pieces. Wash the spinach, drain and chop it.
2. Heat pan, put one tablespoon water and steam the onion. Peel garlic, press it or chop it finely and add it to the onions. Add the spinach, salt and pepper.
3. Stuff the peppers with the spinach mass and put in a roasting pan. Add 2 tablespoons of water. Cut mozzarella into thin slices and places on the pepper.
4. Preheat the oven to 250 ° C and bake the pepper 5 to 10 minutes.



## Baked Cauliflower

### Ingredients (for 1 serving)

- 1 Portion cauliflower
- Salt, fresh pepper
- 1 Portion mozzarella

### Preparation

1. Wash the cauliflower, divide it into small pieces and blanch it in salt water. Let it drain, and place it in a baking dish. Season it with salt and pepper.
2. Cut mozzarella into slices and place it on the cauliflower.
3. Preheat the oven to 200 ° C and bake the cauliflower for about 15 minutes.



**Tip:** Instead of cauliflower you can use broccoli or zucchini or a mixture of vegetables with cheese.

## Eggplant Casserole

### Ingredients (for 1 serving)

- 1 Portion vegetable (eggplant, tomato, onion, celery)
- 1 clove of garlic
- 200 ml vegetable stock
- Dry oregano, thyme, and sage
- Salt, Chilli, Paprika
- Ground coriander, Cumin
- 1 Portion feta cheese/ cottage cheese



### Preparation

1. Wash and clean the eggplant. Cut it into thick slices and sprinkle it with salt. After 10 minutes put it in a casserole dish.
2. Blanch, peel, halve, remove the seeds and chop the flesh of the tomato. Peel onion and garlic. Cut onion into quarters and narrow columns, finely chop the garlic. Wash the celery and cut it into small cubes.
3. Heat a pan (with oil from Phase 3) and sauté onion and garlic in. Add the celery and stew it shortly. Add the tomato pieces. Add the broth, herbs and spices and cook it for a while.
4. Put the tomato sauce over the eggplant slices. Crumble the feta cheese over it.
5. Preheat the oven to 220 ° C and bake the casserole for 30 minutes.



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## Cabbage cheese rolls

### Ingredients (for 1 serving)

1 Portion white cabbage  
Salt, Fresh pepper  
Ground caraway  
Parsley  
1 Portion feta cheese/ cottage cheese

### Preparation

1. Wash the cabbage and take the leaves off. Boil salt water with caraway, preserve and blanch the leaves. Take it out and drain it well.
2. Wash, spin dry and chop parsley.
3. Season the cabbage leaves with salt and pepper. Then stuff them with the cheese. Put parsley over it.



## Crisp bread Bruschetta

### Ingredients for 1 serving

1 Portion vegetable (½ tomato, yellow bell pepper, chopped onion)  
Fresh basil, Cider vinegar  
Salt, pepper  
1 Portion rye crisp bread  
1 Portion mozzarella

### Preparation

1. Wash and chop tomato and pepper. Wash basil leaves and chop finely, about half.
2. Heat a frying pan and cook the onion, tomato and bell pepper pieces in it. Mix the chopped basil and season with a dash of vinegar, salt and pepper. Cook it 5 minutes.
3. Spread the tomato mixture on the crisp bread. Dice the mozzarella and place on the tomato mixture. Garnish with the remaining basil leaves.





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## **Herb curd**

### **Ingredients for 1 serving**

1 Portion curd  
Mineral water  
1 clove of garlic  
Parsley, cress, chive  
Salt, red pepper, black pepper, curry powder

### **Preparation**

1. Stir the curd with some mineral water until it gets creamy.
2. Peel the garlic and wash the herbs .Chop both finely and mix it with the curd.  
Season it with salt and spices.

**Tip:** Eat it with stripes of cucumber, cabbage, tomato and bell pepper.

## **Sandwich Italia**

### **Ingredients (for 1 serving)**

1 Portion vegetable (½ tomato, rocket)  
1 Portion curd or cream cheese  
1 Portion rye bread  
Salt, pepper  
Cider vinegar

### **Preparation**

1. Mix the curd or the cream cheese until it gets creamy and put a bite aside to start the meal with.
2. Wash half tomato and chop it finely. Mix the tomato pieces with the remaining curd or cream cheese.
3. Wash and spin dry the rocket.