

INNOVECS

Cookbook



30
DAY

HEALTHY HABITS

CHALLENGE

Welcome to the Innovecs Cookbook!

During our 30-Day Healthy Habits Challenge, teammates shared their favorite healthy recipes — and the results were fantastic! This cookbook brings together the dishes and ideas that added even more fun and flavor to our challenge. Each recipe shows the creativity, health focus, and team spirit that make Innovecs unique.

A big thank you to everyone who contributed. We hope these recipes add a little extra inspiration to your table!



Syrnyky

Category: Breakfast



INGREDIENTS

Cottage cheese – 400g

Egg – 1

Flour – 3 tbsp (plus extra for dusting)

Sugar – 2 tbsp (adjust to taste)

Salt – pinch

Vanilla – optional

INSTRUCTIONS

1. In a bowl, mash cottage cheese well. Combine with egg, flour, sugar, salt, and vanilla.
2. Form small, thick syrnyky using your hands, lightly dusting them in flour.
3. Heat a skillet with a little oil over medium heat. Fry the syrnyky until golden brown on both sides, about 3-4 minutes.
4. Serve warm with sour cream or fruit preserves.

Lentil Soup (Adas)

Category: Lunch

INGREDIENTS

Onion – 1 small or half of a regular onion

Red lentils – 1 glass (or about 20 tbsp)

Water – 1 liter for a thicker soup or 1.5 liters for a thinner consistency

Spices – pepper, garlic powder, bay leaf (optional)

Butter

Lemon – half



INSTRUCTIONS

1. Dice the onion. Heat a pot, add a cube of butter, and sauté the onion until slightly browned.
2. Add lentils, pour in water, add spices, and simmer for 25 minutes on medium heat, stirring occasionally to prevent sticking.
3. For a creamy texture, blend the soup, but remove the bay leaf first.
4. Taste and adjust spices as needed.
5. Serve with a squeeze of lemon juice in each bowl.

Serving Suggestion: Delicious with bread, chips, or even served with fried potatoes as in Lebanese cuisine.

Pumpkin Lentil Soup

Category: Lunch

INGREDIENTS

Lentils – ½ cup, pre-soaked for an hour

Pumpkin – 250–300g, cubed

Tomato – 1, peeled and chopped

Onion – 1, chopped

Potatoes – 2, cubed

Garlic – 2 cloves, minced

SEASONING

Salt – to taste

Favorite spices – to taste

Olive oil – for drizzling

Parmesan – for garnish



INSTRUCTIONS

1. In a deep pot, combine the soaked lentils, pumpkin, tomato, onion, potatoes, and minced garlic. Add enough water to cover the ingredients.
2. Bring the mixture to a boil, then reduce heat and let it simmer until all ingredients are tender (about 25–30 minutes).
3. Season the soup with salt and your favorite spices to taste.
4. When ready to serve, drizzle with olive oil and sprinkle grated parmesan on top.

Quiche with Spinach and Feta

Category: Lunch or Snack

INGREDIENTS

Pie dough or puff pastry – 1 sheet

Spinach – 300g, fresh or frozen

Feta cheese – 150g

Eggs – 4

Milk or cream – 200ml

Garlic – 1 clove, minced

Salt and pepper – to taste



INSTRUCTIONS

1. Preheat the oven to 180°C (350°F). Roll out the pie dough and fit it into a quiche or tart pan.
2. Sauté the spinach with garlic until wilted. Let it cool slightly.
3. In a bowl, whisk the eggs, milk or cream, salt, and pepper. Add crumbled feta and the sautéed spinach.
4. Pour the filling into the prepared crust.
5. Bake for 30–35 minutes until the filling is set and the top is lightly golden.

Grandma's Borscht

Category: Dinner

INGREDIENTS

Chicken or turkey – 3 thighs, or for a richer flavor, use beef (used 600g beef brisket in this recipe, though 400g would suffice)

Potatoes – 2 medium, about the size of a fist

Onion – 1 medium, about the size of a fist

Cabbage – as preferred

Carrot – 1 medium

Beetroot – 2, about the size of a fist

Garlic – 2-4 cloves

Tomato paste – 3-4 tbsp

Bay leaf – 1-2 leaves, optional

Black pepper – to taste

Water – about half a cup, adjust as needed

INSTRUCTIONS

Rinse the meat and cut it in half. Halve one potato and one onion. Place the meat, half of the potato, and half of the onion in a pot with 2 liters of cold water. Bring to a boil, add salt, skim off the foam, and reduce heat to slightly above medium. Add bay leaves if desired for aroma.

COOKING TIME:

Chicken or turkey cooks quickly, about 25 minutes.

Beef will need about 1 to 1.5 hours to become tender.

Once the meat is ready, remove it from the pot and keep the broth on the heat.

Julienne the beetroot, dice the remaining onion, and grate the carrot. Dice or finely cube the remaining potato.

Heat a skillet, add oil, and sauté the onion, beetroot, and carrot. Add the skimmed foam from earlier to the skillet. Add the diced potato to the broth.



Grandma's Borscht

Category: Dinner



COLOR ADJUSTMENT FOR BORSCHT:

1. For a redder borscht, add water to the skillet after 10 minutes, stirring occasionally.
2. For a deeper, maroon color, add water immediately when adding vegetables to the skillet.
3. When the mixture in the skillet starts to boil, lower the heat and let it cook for 5-10 minutes. Add tomato paste and mix well.
4. Dice the cooked meat to your preferred size. Shred the cabbage and grate the garlic. Remove the half onion and potato from the pot (these are no longer needed). Mash the removed potato with garlic, a few tablespoons of broth, and oil, and add it to the borscht for thickness.
5. Adjust the flavor of the sautéed mixture with tomato paste for acidity, sugar if it needs sweetness, and salt if it's bland. Transfer the mixture to the pot along with the diced meat and shredded cabbage, stirring to combine.

NOTES:

For a softer cabbage texture, add it before frying the vegetables.

Let the borscht rest for at least 30 minutes before serving. The flavors deepen as it sits.

If the borscht tastes too salty at the end, add a cabbage leaf with the core intact to absorb excess salt.

Add water as needed throughout the process if it reduces too much

Duck Breast in Honey Orange Sauce

Category: Dinner

INGREDIENTS

1 duck breast

Salt – 1/2 tsp

Pepper – 1/4 tsp

Basil – 1/2 tsp dried or a few fresh leaves

Mustard seeds – 1 tbsp

Honey – 1 tbsp

SAUCE

Soy sauce – 2 tbsp

Water – 1/4 cup

Orange – 1, sliced

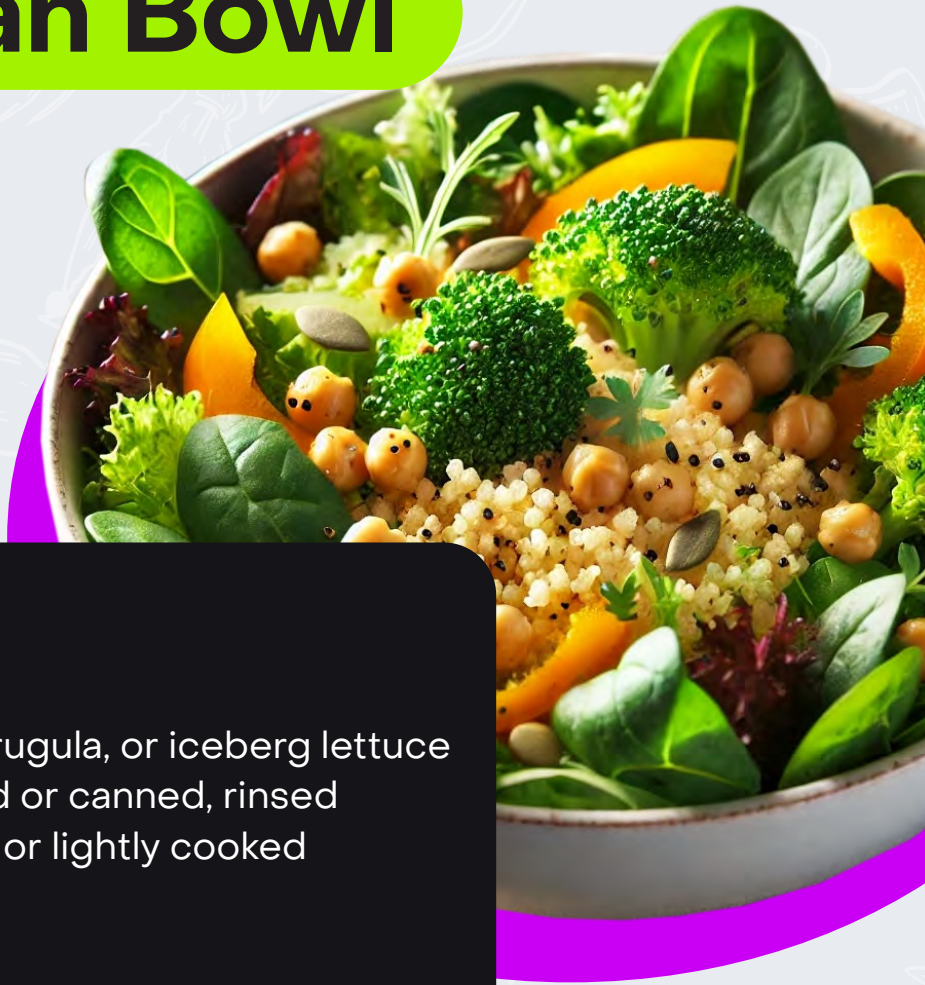


INSTRUCTIONS

1. Rub the duck breast with salt, pepper, basil, mustard seeds, and honey until evenly coated.
2. In a heated pan, sear the duck breast on high heat until both sides are golden brown, taking care not to burn it.
3. Lower the heat, then add soy sauce, a splash of water, and place orange slices on top of the duck breast.
4. Cover and simmer for 35-40 minutes, allowing the duck to become tender and infused with the orange-honey flavor.

Vegetarian Bowl

Category: Dinner



INGREDIENTS

Couscous – 1 cup, cooked

Mixed greens – spinach, arugula, or iceberg lettuce

Chickpeas – ½ cup, cooked or canned, rinsed

Broccoli – ½ cup, steamed or lightly cooked

Bell pepper – 1, diced

Pumpkin seeds – 1 tbsp

Olive Oil & Herb Dressing

Olive oil – 1 tbsp

Italian herbs – ½ tsp

Salt and pepper – to taste

INSTRUCTIONS

1. Arrange the mixed greens and couscous in a bowl as the base.
2. Add chickpeas, broccoli, bell pepper, and pumpkin seeds.
3. Mix olive oil, Italian herbs, salt, and pepper in a small bowl.
4. Pour the dressing over the bowl and serve.

Salmon Bowl

Category: Dinner

INGREDIENTS

Quinoa – 1 cup, cooked

Arugula – 1 handful

Lightly salted salmon – 100g, sliced

Avocado – ½, sliced

Bell pepper – 1, sliced thinly

Sesame seeds – 1 tsp, for garnish

Teriyaki Dressing

Teriyaki sauce – 2 tbsp

Olive oil – 1 tsp

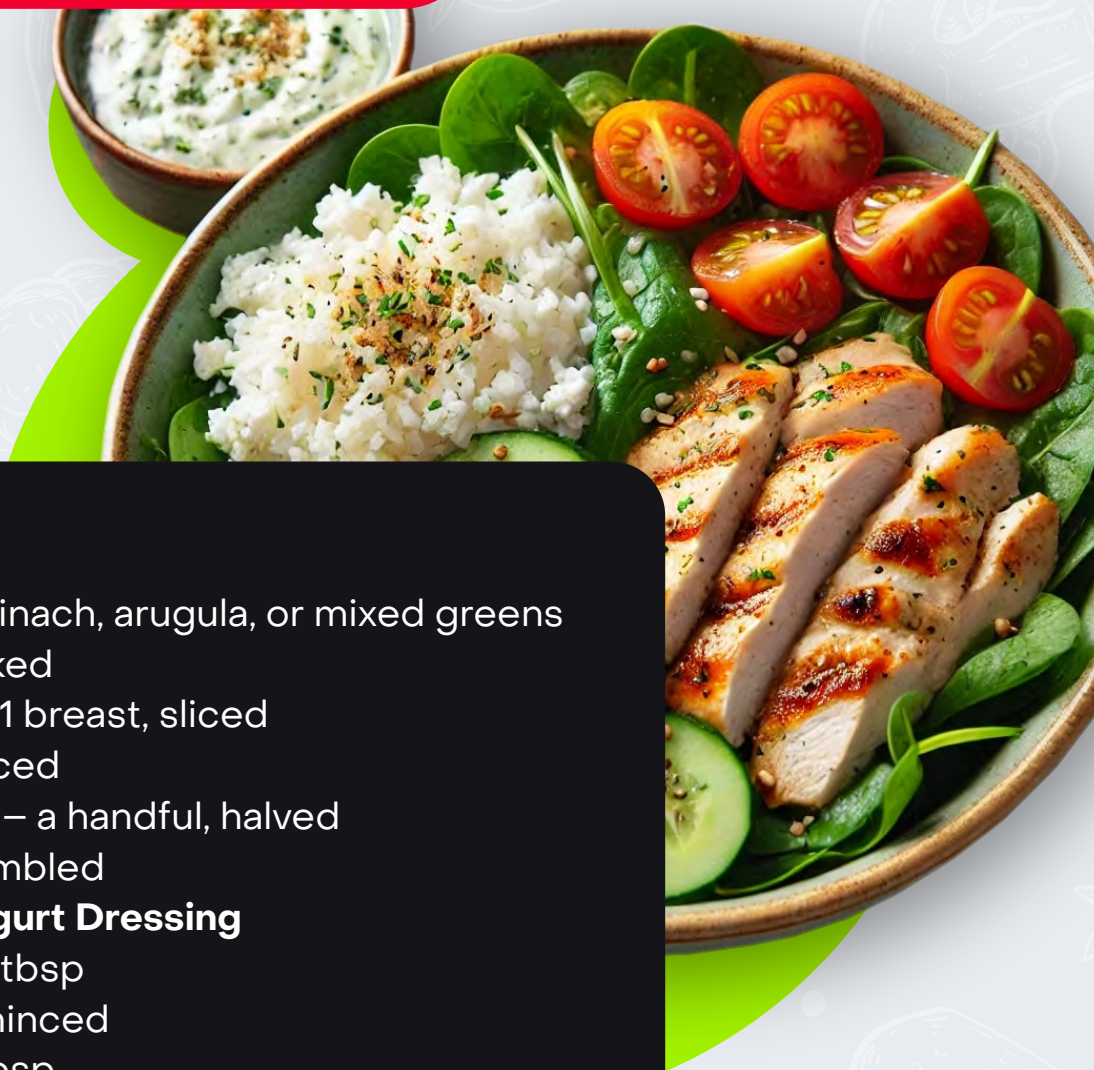


INSTRUCTIONS

1. Place the cooked quinoa and arugula as the base in a bowl.
2. Add the salmon, avocado, and bell pepper in sections around the bowl.
3. In a small bowl, mix teriyaki sauce and olive oil.
4. Drizzle the dressing over the bowl, sprinkle sesame seeds on top, and serve.

Chicken Bowl

Category: Dinner



INGREDIENTS

Base greens – spinach, arugula, or mixed greens

Rice – 1 cup, cooked

Grilled chicken – 1 breast, sliced

Cucumber – 1, sliced

Cherry tomatoes – a handful, halved

Feta – ¼ cup, crumbled

Garlic-Lemon Yogurt Dressing

Greek yogurt – 2 tbsp

Garlic – 1 clove, minced

Lemon juice – 1 tbsp

Salt and pepper – to taste

INSTRUCTIONS

1. Place the base greens in a deep bowl and add the cooked rice.
2. Arrange the sliced grilled chicken, cucumber, cherry tomatoes, and crumbled feta on top of the rice and greens.
3. In a small bowl, mix Greek yogurt, minced garlic, lemon juice, salt, and pepper to make the dressing.
4. Drizzle the dressing over the bowl and serve.

Shrimp Bowl

Category: Dinner



INGREDIENTS

Spinach – 1 handful

Rice – 1 cup, cooked

Shrimp – 100g, cooked or sautéed

Cucumber – 1, sliced

Corn – ¼ cup

Parmesan – 2 tbsp, grated

Lemon-Garlic Dressing

Olive oil – 1 tbsp

Lemon juice – 1 tbsp

Garlic – 1 clove, minced

Salt and pepper – to taste

INSTRUCTIONS

1. Place the spinach and rice as the base in a bowl.
2. Add shrimp, cucumber, corn, and sprinkle with grated Parmesan.
3. Combine olive oil, lemon juice, minced garlic, salt, and pepper in a bowl.
4. Drizzle the dressing over the bowl and serve.

Cucumber Sushi Rolls

Category: Snack or dinner

(No-Rice Sushi)

INGREDIENTS

Cucumber – preferably long and thin

Lightly salted salmon – 100g

Philadelphia cheese

Soy sauce and sesame seeds – optional



INSTRUCTIONS

1. Using a vegetable peeler, slice the cucumber into thin strips. Prepare about 10 slices or more if desired.
2. Spread a thin layer of Philadelphia cheese on each cucumber slice, patting them dry first with a napkin.
3. Place a piece of salmon on top of the cheese, roll up, and slice into bite-sized pieces.
4. Drizzle with soy sauce and sprinkle with sesame seeds if desired.

Additional Ingredients for Variation: rice, shrimp, avocado, bell pepper, canned tuna, green onion, or omelet.

Lavash Triangles with Three Fillings

Category: Snack

INGREDIENTS

Savory Cheese & Meat

Round lavash

Cream cheese or hard cheese

Mustard

Sliced ham

Cherry tomatoes

Arugula

Vegetarian Delight

Round lavash

Cream cheese

Tomatoes

Arugula

Feta

Sweet & Nutty

Round lavash

Cream cheese or sweet curd

Banana

Nut-chocolate spread

INSTRUCTIONS

1. Spread cheese on the lavash and make a small cut to help fold it into a triangle.
2. Divide the lavash into four sections, placing each filling option in a different section.
3. Fold each section over the next to form a triangle.
4. These are great eaten cold or toasted lightly on a skillet until crispy on both sides.

Zucchini Brownies

Category: Dessert

INGREDIENTS

Dark chocolate – 150g

Butter – 50g

Sugar – 130g

Eggs – 2 medium

Zucchini – 200g, finely grated

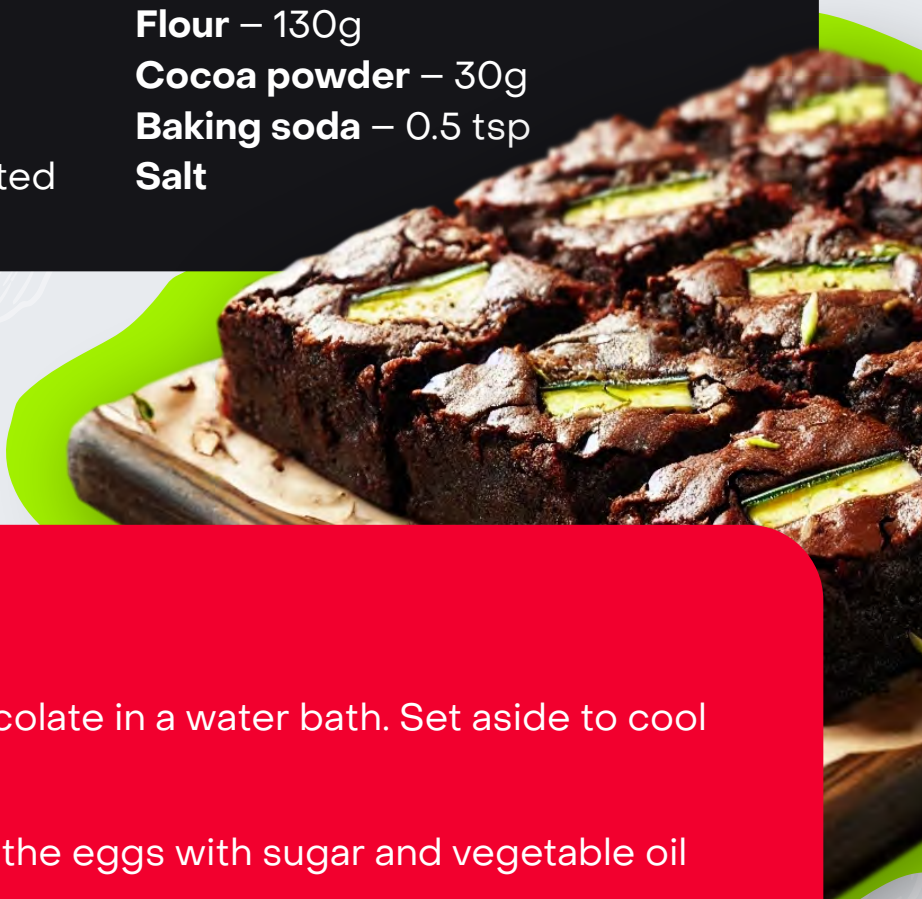
Vegetable oil – 40g (about 50ml)

Flour – 130g

Cocoa powder – 30g

Baking soda – 0.5 tsp

Salt



INSTRUCTIONS

1. Melt the butter and chocolate in a water bath. Set aside to cool slightly.
2. In a separate bowl, beat the eggs with sugar and vegetable oil until well mixed.
3. In another bowl, combine the dry ingredients: flour, cocoa powder, baking soda, and salt.
4. Grate the zucchini on a fine grater.
5. Gradually fold the chocolate mixture, dry ingredients, and grated zucchini into the beaten egg mixture until well combined.
6. Line a baking pan with parchment paper, pour in the batter, and spread it evenly.
7. Bake in a preheated oven at 180°C (350°F) for about 30 minutes, or until a toothpick comes out clean.

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