

Everyday with Encala®

A practical
collection of
everyday recipes
designed to make
adding Encala®
simple, flexible,
and familiar.



solace
NUTRITION

Welcome to Everyday with Encala®



GOOD FOOD, WITH A LITTLE MORE BUILT IN.

Encala® is a specialized, plant-based medical food designed to help people with cystic fibrosis and other exocrine pancreatic disorders better absorb dietary fat and fat-soluble nutrients. Easily mixed into foods and beverages without noticeably changing their flavor, Encala® provides additional calories, healthy fats, and essential fatty acids—making it easier to add more nutrition to the foods you already enjoy.

That's where Everyday with Encala® comes in.

This cookbook was created to make incorporating Encala® into everyday life feel simple and approachable. Inside, you'll find familiar recipes for breakfasts, smoothies, snacks, sauces, sides, sweet treats, and family dinners—all designed to show just how easily Encala® can become part of your daily routine.

For individual recipes, Encala® can be mixed directly into your portion just before eating. For family meals, everyone can enjoy the same dish—simply add Encala® to the individual serving that needs it. No separate meal required.

Whether it's stirred into breakfast, blended into a smoothie, mixed into a favorite sauce, or added to dinner at the table, Everyday with Encala® is about making a little more nutrition fit naturally into the foods you already know and love.

Cook first. Add Encala® last.



Using Encala® in these recipes is simple. Prepare your food as you normally would, keeping Encala® out of the cooking process. Once cooking is complete, it's time to portion, mix, and enjoy.

1. PREPARE

Make the recipe as directed without adding Encala® during cooking.

2. PORTION

Once the food is ready, portion out what you'll be eating. For hot foods, allow your portion to cool briefly to a comfortable eating temperature.

3. ADD ENCALA®

Stir Encala® into your individual portion just before eating. For cold foods and beverages, simply mix or blend it in when you're ready to enjoy.

REMEMBER: Once Encala® has been added, the food should not be baked, boiled, microwaved, or reheated.

THE AMOUNT USED IN THIS COOKBOOK

To keep things simple and consistent, recipes throughout this cookbook use 18.4 g of Encala® (two level scoops) as the standard serving size, providing 100 calories and 6 g of fat.

Individual needs may vary, so always follow the amount recommended by your doctor or dietitian and adjust the amount used in these recipes accordingly.

Understanding the Nutrition Information



A NOTE ABOUT NUTRITION & ENCALA® USE

Nutrition information throughout this cookbook is estimated and intended as a general reference only. Values may vary based on specific brands, ingredients, portion sizes, and preparation methods.

For consistency, nutrition panels throughout the cookbook are calculated using 18.4 g of Encala® (two level scoops), which provides 100 calories and 6 g of fat. Using this standard amount allows the nutrition information to be presented consistently from recipe to recipe and should not be interpreted as a prescribed or individualized serving.

Always use Encala® according to current product labeling and the amount recommended by your doctor, dietitian, or other healthcare professional. Individual nutritional needs may vary, and the food yield listed for a recipe does not determine an individual's Encala® serving.

The recipes and preparation guidance in this cookbook are intended to provide practical ideas for incorporating Encala® into everyday foods and are not a substitute for individualized medical or nutritional advice.

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Breakfast & Brunch



Asparagus & Ham Scramble

Soft scrambled eggs with asparagus, ham, and a creamy topping added at the table.

YIELD
1 FOOD PORTION

PREP
10 minutes

COOK
10 minutes

TOTAL
20 minutes



INGREDIENTS

- ½ cup finely sliced asparagus
- 1 tablespoon butter
- ¼ cup diced fully cooked ham
- 2 large eggs
- 1 tablespoon whole milk
- 2 tablespoons grated Swiss cheese
- Black pepper, to taste
- 2 tablespoons full-fat sour cream
- 1-2 teaspoons whole milk, for the topping, as needed

INSTRUCTIONS

- 1 Cook asparagus in butter in a small skillet over medium heat for 3-4 minutes, until tender. Add ham and warm through.
- 2 Beat eggs with 1 tablespoon milk and a little pepper. Add to the skillet and stir gently until the eggs are fully set and reach 160°F. Fold in the cheese and remove from heat.
- 3 In the serving bowl, stir sour cream with enough of the remaining milk to make a creamy topping. Taste the base food and decide how much you plan to eat before adding powder.
- 4 Add Encala®: Mix one standard individual serving of Encala® (18.4 g) into the sour cream topping until evenly incorporated. Spoon it over your chosen portion of eggs and eat with the meal. Do not cook or reheat after adding Encala®.

ESTIMATED NUTRITION

Fat from food		31.5 g
Fat from Encala®	6 g (18.4 g powder example)	
Calories from food		410 kcal
Calories from Encala®	100 kcal (18.4 g powder example)	
Total calories		510 kcal

Banana-Cinnamon Oatmeal

A warm bowl of creamy oats with mashed banana and a little cinnamon.

YIELD
1 FOOD PORTION

PREP
5 minutes

COOK
5 minutes

TOTAL
10 minutes



INGREDIENTS

- ½ cup old-fashioned rolled oats
- ¾ cup whole milk, plus more as needed
- ¼ cup water
- 1 small ripe banana, mashed
- ¼ teaspoon ground cinnamon

INSTRUCTIONS

- 1 Combine oats, milk, water, and cinnamon in a small saucepan. Bring to a gentle simmer and cook for about 5 minutes, stirring often, until tender.
- 2 Remove from heat and stir in mashed banana. Taste and adjust the texture with a little milk. Spoon the amount you plan to eat into your bowl and let it cool briefly to an eating temperature.
- 3 Add Encala®: Stir one standard individual serving of Encala® (18.4 g) into your bowl until evenly mixed. Eat after mixing; do not cook or reheat it. Keep any extra oatmeal free of Encala®.

ESTIMATED NUTRITION

Fat from food	8.9 g
Fat from Encala®	6 g (18.4 g powder example)
Calories from food	355 kcal
Calories from Encala®	100 kcal (18.4 g powder example)
Total calories	455 kcal

Berry Yogurt Breakfast Bowl

Creamy yogurt, juicy berries, and a crunchy granola topping.

YIELD
1 FOOD PORTION

PREP
0 min

COOK
5 minutes

TOTAL
5 minutes



INSTRUCTIONS

- 1 Stir the yogurt until smooth, loosening with milk if needed. Taste before adding powder, and place the amount you plan to eat in your bowl.
- 2 Add Encala[®]: Stir one standard individual serving of Encala[®] (18.4 g) into your bowl until evenly mixed.

INGREDIENTS

- ¾ cup plain whole-milk Greek yogurt
- 1-2 tablespoons milk, as needed
- ½ cup berries, chopped if large
- ¼ cup granola

ESTIMATED NUTRITION

Fat from food	16.8 g
Fat from Encala [®]	6 g (18.4 g powder example)
Calories from food	350 kcal
Calories from Encala [®]	100 kcal (18.4 g powder example)
Total calories	450 kcal

Peanut Butter Granola Bars & Yogurt Dip

Two small, chewy oat bars served with a creamy peanut butter yogurt dip.

YIELD
1 FOOD PORTION

PREP
10 minutes

COOK
Chill 1 hour

TOTAL
1 hr 10 minutes



INGREDIENTS

- ¼ cup old-fashioned rolled oats
- 1 tablespoon shelled pumpkin seeds, finely chopped
- 1 tablespoon finely chopped walnuts
- 1 teaspoon unsweetened shredded coconut
- 2 tablespoons smooth peanut butter, thoroughly stirred, for the bars
- 1 tablespoon honey
- ⅛ teaspoon ground cinnamon
- ¼ cup plain whole-milk Greek yogurt, for the dip
- 1 tablespoon smooth peanut butter, for the dip
- 1-2 teaspoons whole milk, as needed

INSTRUCTIONS

- 1 Mix oats, seeds, walnuts, coconut, 2 tablespoons peanut butter, honey, and cinnamon until evenly combined. Do not add Encala® to this mixture.
- 2 Press firmly into a small parchment-lined container to make a rectangle about ½ inch thick. Refrigerate for at least 1 hour, then cut into 2 small bars. The 2 bars together are one food portion.
- 3 When ready to eat, stir yogurt and the remaining 1 tablespoon peanut butter in your serving bowl. Thin with a little milk if needed. Taste before adding powder.
- 4 Add Encala®: Stir one standard individual serving of Encala® (18.4 g) into your bowl until evenly mixed. Serve it immediately with the bars. The Encala® is in the dip, so eating only the bars does not provide it. Do not heat the dip.

ESTIMATED NUTRITION

Fat from food	38.5 g
Fat from Encala®	6 g (18.4 g powder example)
Calories from food	590 kcal
Calories from Encala®	100 kcal (18.4 g powder example)
Total calories	690 kcal

Small Meals & Sides



Creamy Garlic Parmesan Chicken

A simple skillet dinner with garlic, spinach, and a silky Parmesan sauce.

YIELD
2 FOOD PORTIONS

PREP
20 minutes

COOK
30 minutes

TOTAL
50 minutes



INGREDIENTS

- 12 ounces boneless, skinless chicken breast, sliced into 2 even cutlets
- ¼ teaspoon Italian seasoning
- Salt and black pepper, to taste
- 2 tablespoons butter
- 4 garlic cloves, minced
- 1 cup heavy cream
- ½ cup grated Parmesan
- 2 cups baby spinach

INSTRUCTIONS

- 1 Season chicken with Italian seasoning, salt, and pepper. Melt butter in a skillet over medium heat. Cook chicken for about 4–6 minutes per side, until it reaches 165°F; transfer to a clean plate.
- 2 Reduce heat and cook garlic for 30 seconds. Add cream and bring to a gentle simmer. Stir in Parmesan until melted, then add spinach and cook until wilted.
- 3 Remove from heat. Divide chicken and plain sauce between 2 plates, or set aside the second portion without Encala® if it is for another meal.
- 4 Add Encala®: Let the chosen portion's sauce cool briefly to an eating temperature. Whisk one standard individual serving of Encala® (18.4 g) into their sauce and spoon it over their chicken. Serve without further heating. Do not add powder to the second portion unless it is being prepared for a person who also uses Encala®.

ESTIMATED NUTRITION

Fat from food	66.0 g
Fat from Encala®	6 g (18.4 g powder example)
Calories from food	830 kcal
Calories from Encala®	100 kcal (18.4 g powder example)
Total calories	930 kcal

Creamy Mashed Potatoes

Fluffy potatoes with butter and warm milk—an easy addition to dinner.

YIELD
2 FOOD PORTIONS

PREP
10 minutes

COOK
20 minutes

TOTAL
30 minutes



INGREDIENTS

- ¾ pound Yukon Gold potatoes, peeled and cut into 1-inch pieces
- 2 tablespoons butter
- ⅔ cup (6 tablespoons) whole milk, warmed, plus more as needed
- Salt and black pepper, to taste

INSTRUCTIONS

- 1 Cover potatoes with water in a saucepan. Bring to a boil and simmer for 15–20 minutes until very tender; drain well.
- 2 Mash with butter and warm milk. Season and adjust texture with more milk if needed. Remove from heat and divide into 2 portions.
- 3 Let the portion you plan to eat cool to a comfortable eating temperature. Stir in Encala® (18.4 g, the amount used for the nutrition estimate) until evenly incorporated. Serve without reheating. Leave the other portion plain unless Encala® is needed for that serving, too.

ESTIMATED NUTRITION

Fat from food	13.2 g
Fat from Encala	6 g (18.4 g powder example)
Calories from food	245 kcal
Calories from Encala	100 kcal (18.4 g powder example)
Total calories	345 kcal

Stovetop Mac & Cheese

A small batch of creamy cheddar macaroni, ready in about 20 minutes.

YIELD
2 FOOD PORTIONS

PREP
5 minutes

COOK
15 minutes

TOTAL
20 minutes



INSTRUCTIONS

- 1 Cook macaroni according to package directions and drain.
- 2 Melt butter in a saucepan. Stir in flour for 1 minute. Gradually whisk in milk and simmer gently until thickened. Reduce heat to low and stir in cheddar.
- 3 Fold in macaroni, adding a splash of milk if needed. Season with pepper, remove from heat, and divide into 2 portions.
- 4 Let the portion you plan to eat cool to a comfortable eating temperature. Stir your recommended amount of Encala® (18.4 g is used for the nutrition estimate) into a small spoonful of sauce from that portion, then mix it back into the bowl. Enjoy without reheating. Leave the second portion plain unless you're serving it now and adding Encala® separately.

INGREDIENTS

- 4 ounces dry elbow macaroni
- 1 tablespoon butter
- 1 tablespoon all-purpose flour
- ¾ cup whole milk, plus more as needed
- ¾ cup freshly grated cheddar
- Black pepper, to taste

ESTIMATED NUTRITION

Fat from food	23.7 g
Fat from Encala®	6 g (18.4 g powder example)
Calories from food	500 kcal
Calories from Encala®	100 kcal (18.4 g powder example)
Total calories	600 kcal

Salads



SALADS

Classic Ham Salad

Finely chopped ham with a creamy mustard dressing and a little sweet pickle relish.

YIELD
2 FOOD PORTIONS

PREP
10 minutes

COOK
0 minutes

TOTAL
10 minutes



INSTRUCTIONS

- 1 Mix mayonnaise, relish, mustard, and pepper in a bowl. Taste and loosen with a little water if needed.
- 2 Divide the plain dressing into 2 equal portions. Set one aside with half the ham and celery, without Encala, if it will not be eaten now.
- 3 Add Encala®: Mix a standard individual serving of Encala® (18.4 g) into its portion of dressing until evenly incorporated. Fold in half the ham and celery. Serve as a chilled salad, with crackers, or in a sandwich. Do not grill, toast, or heat the salad after adding powder.

INGREDIENTS

- 1 cup finely chopped fully cooked, chilled ham
- 3 tablespoons full-fat mayonnaise
- 2 tablespoons finely diced celery
- 2 teaspoons sweet pickle relish, drained
- ½ teaspoon Dijon mustard
- Black pepper, to taste
- 1-2 teaspoons water, as needed

ESTIMATED NUTRITION

Fat from food		17.8 g
Fat from Encala®	6 g (18.4 g powder example)	
Calories from food		230 kcal
Calories from Encala®	100 kcal (18.4 g powder example)	
Total calories		330 kcal

SALADS

Creamy Chicken & Walnut Salad

Tender chicken, crunchy celery, and walnuts in a creamy lemon dressing.

YIELD
2 FOOD PORTIONS

PREP
10 minutes

COOK
0 minutes

TOTAL
10 minutes



INGREDIENTS

- 1½ cups chopped fully cooked, chilled chicken
- ¼ cup full-fat mayonnaise
- ¼ cup finely diced celery
- 2 tablespoons finely chopped walnuts
- 1 teaspoon lemon juice
- ½ teaspoon Dijon mustard
- Salt and black pepper, to taste
- 1-2 teaspoons water, as needed

INSTRUCTIONS

- 1 Mix mayonnaise, lemon juice, mustard, salt, and pepper in a small bowl. Taste and loosen with a little water if needed.
- 2 Divide the plain dressing into 2 equal portions. Set aside the second portion with half the chicken, celery, and walnuts, without Encala, until needed.
- 3 Stir Encala® (18.4 g, the amount used for the nutrition estimate) into the dressing for one portion until smooth. Fold in half the chicken, celery, and walnuts. Serve chilled on its own or in a sandwich. Do not heat after adding Encala®.

ESTIMATED NUTRITION

Fat from food	29.2 g
Fat from Encala®	6 g (18.4 g powder example)
Calories from food	410 kcal
Calories from Encala®	100 kcal (18.4 g powder example)
Total calories	510 kcal

SALADS

Creamy Tuna Salad

A quick tuna salad with crisp celery, pickle relish, and a creamy lemon dressing.

YIELD
1 FOOD PORTION

PREP
10 minutes

COOK
0 minutes

TOTAL
10 minutes



INSTRUCTIONS

- 1 Mix mayonnaise, olive oil, relish, lemon juice, and pepper in your serving bowl. Taste and adjust with a little water if needed.
- 2 Choose how much salad you plan to eat. If saving some, set aside that share of plain dressing, tuna, and celery before adding powder.
- 3 Add Encala®: Mix a standard individual serving of Encala® (18.4 g) into its dressing until evenly incorporated. Fold in the tuna and celery for that serving. Serve chilled with crackers or in a sandwich; do not make a hot tuna melt after adding powder.

INGREDIENTS

- 1 can (5 ounces) tuna, drained
- 2 tablespoons full-fat mayonnaise
- 1 teaspoon olive oil
- 1 tablespoon finely diced celery
- 1 teaspoon pickle relish, drained
- ½ teaspoon lemon juice
- Black pepper, to taste
- 1-2 teaspoons water, as needed

ESTIMATED NUTRITION

Fat from food	26.3 g
Fat from Encala®	6 g (18.4 g powder example)
Calories from food	335 kcal
Calories from Encala®	100 kcal (18.4 g powder example)
Total calories	435 kcal

SALADS

Avocado Egg Salad

Creamy avocado and chopped egg with a little mayonnaise, lemon, and chives.

YIELD
1 FOOD PORTION

PREP
10 minutes

COOK
0 minutes

TOTAL
10 minutes



INSTRUCTIONS

- 1 Chop the eggs. In your serving bowl, mash the avocado with mayonnaise, lemon juice, chives, salt, and pepper. Taste and loosen with a little water if needed.
- 2 Choose the amount of salad you plan to eat. If saving some, set aside that share of the plain avocado mixture and the chopped egg before adding the powder.
- 3 Add Encala®: Thoroughly mix a standard individual serving of Encala® (18.4 g) into the avocado mixture for the chosen serving. Fold in that serving's chopped egg. Serve chilled, on its own or with bread or crackers. Do not heat after adding powder.

INGREDIENTS

- 2 large hard-boiled eggs, peeled and chilled
- ½ medium ripe avocado
- 1 tablespoon full-fat mayonnaise
- 1 teaspoon lemon juice
- 1 teaspoon finely chopped chives
- Salt and black pepper, to taste
- 1-2 teaspoons water, as needed

ESTIMATED NUTRITION

Fat from food	31.9 g
Fat from Encala®	6 g (18.4 g powder example)
Calories from food	370 kcal
Calories from Encala®	100 kcal (18.4 g powder example)
Total calories	470 kcal

Smoothies & Shakes



Strawberry-Banana Smoothie

A familiar blend of strawberries, banana, and creamy yogurt.

YIELD
1 FOOD PORTION

PREP
5 minutes

COOK
0 minutes

TOTAL
5 minutes



INSTRUCTIONS

- 1 Blend all the base ingredients until smooth, without Encala®. Taste and adjust the thickness with a little of the recipe's milk if needed.
- 2 Pour only the amount you plan to drink into your serving glass. Keep any extra base free of Encala®.
- 3 Add Encala®: Whisk a standard individual serving of Encala® (18.4 g) into a little of the drink in your glass, then stir thoroughly into the rest of the serving. Drink after mixing. Do not heat it or add powder to extra drinks in advance.

INGREDIENTS

- ¾ cup whole milk
- ½ cup plain whole-milk yogurt
- ½ cup frozen sliced strawberries
- ½ ripe banana

ESTIMATED NUTRITION

Fat from food	10.2 g
Fat from Encala®	6 g (18.4 g powder example)
Calories from food	265 kcal
Calories from Encala®	100 kcal (18.4 g powder example)
Total calories	365 kcal

Chocolate Peanut Butter Shake

Chocolate, peanut butter, and banana blended into a creamy shake.

YIELD
1 FOOD PORTION

PREP
5 minutes

COOK
0 minutes

TOTAL
5 minutes



INSTRUCTIONS

- 1 Blend all the base ingredients until smooth, without Encala[®]. Taste and adjust the thickness with a little of the recipe's milk if needed.
- 2 Pour only the amount you plan to drink into your serving glass. Keep any extra base free of Encala[®].
- 3 Add Encala[®]: Whisk a standard individual serving of Encala[®] (18.4 g) into a little of the drink in your glass, then stir thoroughly into the rest of the serving. Drink after mixing. Do not heat it or add powder to extra drinks in advance.

INGREDIENTS

- ¾ cup whole milk
- 1 small ripe banana
- 1 tablespoon smooth peanut butter
- 1 tablespoon unsweetened cocoa powder
- 1 teaspoon maple syrup, optional

ESTIMATED NUTRITION

Fat from food		15.2 g
Fat from Encala [®]	6 g (18.4 g powder example)	
Calories from food		310 kcal
Calories from Encala [®]	100 kcal (18.4 g powder example)	
Total calories		410 kcal

Peach-Vanilla Smoothie

Sweet peaches and vanilla yogurt make a gentle, creamy blend.

YIELD
1 FOOD PORTION

PREP
5 minutes

COOK
0 minutes

TOTAL
5 minutes



INSTRUCTIONS

- 1 Blend all the base ingredients until smooth, without Encala[®]. Taste and adjust the thickness with a little of the recipe's milk if needed.
- 2 Pour only the amount you plan to drink into your serving glass. Keep any extra base free of Encala[®].
- 3 Add Encala[®]: Whisk a standard individual serving of Encala[®] (18.4 g) into a little of the drink in your glass, then stir thoroughly into the rest of that same serving. Drink after mixing. Do not heat it or add powder to extra drinks in advance.

INGREDIENTS

- ¾ cup whole milk
- ½ cup whole-milk vanilla yogurt
- ½ cup frozen peach slices

ESTIMATED NUTRITION

Fat from food	10.1 g
Fat from Encala [®]	6 g (18.4 g powder example)
Calories from food	250 kcal
Calories from Encala [®]	100 kcal (18.4 g powder example)
Total calories	350 kcal

Banana-Avocado Peanut Butter Smoothie

A thick, creamy blend of banana, avocado, peanut butter, and whole-milk yogurt.

YIELD
1 FOOD PORTION

PREP
5 minutes

COOK
0 minutes

TOTAL
5 minutes



INSTRUCTIONS

- 1 Blend all the base ingredients until smooth, without Encala[®]. Taste and adjust the thickness with a little of the recipe's milk if needed.
- 2 Pour only the amount you plan to drink into your serving glass. Keep any extra base free of Encala[®].
- 3 Add Encala[®]: Whisk a standard individual serving of Encala[®] (18.4 g) into a little of the drink in your glass, then stir thoroughly into the rest of that same serving. Drink after mixing. Do not heat it or add powder to extra drinks in advance.

INGREDIENTS

- ¾ cup whole milk, plus a little more if needed
- ½ cup plain whole-milk Greek yogurt
- ½ medium ripe avocado
- ½ ripe banana
- 2 tablespoons smooth peanut butter
- ¼ teaspoon vanilla extract

ESTIMATED NUTRITION

Fat from food		39.7 g
Fat from Encala [®]	6 g (18.4 g powder example)	
Calories from food		595 kcal
Calories from Encala [®]	100 kcal (18.4 g powder example)	
Total calories		695 kcal

Vanilla Almond Butter Milkshake

Vanilla ice cream and almond butter make a rich, creamy milkshake.

YIELD
1 FOOD PORTION

PREP
5 minutes

COOK
0 minutes

TOTAL
5 minutes



INGREDIENTS

- ¾ cup regular full-fat vanilla ice cream
- ½ cup whole milk, plus a little more if needed
- 2 tablespoons smooth almond butter
- 2 tablespoons heavy cream
- ¼ teaspoon vanilla extract

INSTRUCTIONS

- 1 Blend all the base ingredients until smooth, without Encala®. Taste and adjust the thickness with a little of the recipe's milk if needed.
- 2 Pour only the amount you plan to drink into your serving glass. Keep any extra base free of Encala®.
- 3 Add Encala®: Whisk a standard individual serving of Encala® (18.4 g) into a little of the drink in your glass, then stir thoroughly into the rest of the serving. Drink after mixing. Do not heat it or add powder to extra drinks in advance.

ESTIMATED NUTRITION

Fat from food	43.4 g
Fat from Encala®	6 g (18.4 g powder example)
Calories from food	580 kcal
Calories from Encala®	100 kcal (18.4 g powder example)
Total calories	680 kcal

Mango-Coconut Yogurt Smoothie

Mango and coconut milk blended with full-fat yogurt for a creamy tropical smoothie.

YIELD
1 FOOD PORTION

PREP
5 minutes

COOK
0 minutes

TOTAL
0 minutes



INSTRUCTIONS

- 1 Stir the full-fat canned coconut milk well before measuring. Blend all the base ingredients until smooth, without Encala[®]. Taste and adjust the thickness with a little of the recipe's milk if needed.
- 2 Pour only the amount you plan to drink into your serving glass. Keep any extra base free of Encala[®].
- 3 Add Encala[®]: Whisk a standard individual serving of Encala[®] (18.4 g) into a little of the drink in your glass, then stir thoroughly into the rest of that same serving. Drink after mixing. Do not heat it or add powder to extra drinks in advance.

INGREDIENTS

- ½ cup unsweetened full-fat canned coconut milk, stirred well
- ½ cup plain whole-milk Greek yogurt
- ½ cup frozen mango chunks
- ¼ cup whole milk, plus a little more if needed
- ¼ teaspoon vanilla extract

ESTIMATED NUTRITION

Fat from food	32.5 g
Fat from Encala [®]	6 g (18.4 g powder example)
Calories from food	430 kcal
Calories from Encala [®]	100 kcal (18.4 g powder example)
Total calories	530 kcal

Sweet Treats



SWEET TREATS

No-Bake Berry Cheesecake Cups

Creamy cheesecake filling layered over graham cracker crumbs and topped with berries.

YIELD
2 FOOD PORTIONS

PREP
10 minutes

COOK
Chill 30 minutes

TOTAL
40 minutes



INGREDIENTS

- 4 ounces cream cheese, softened
- ½ cup plain whole-milk Greek yogurt
- 2 tablespoons powdered sugar
- ¼ teaspoon vanilla extract
- ¼ cup graham cracker crumbs
- ½ cup berries

INSTRUCTIONS

- 1 Beat cream cheese, yogurt, sugar, and vanilla until smooth. Divide the filling into 2 portions and refrigerate for 30 minutes without Encala®.
- 2 When ready to eat, place one portion of the filling in a small serving bowl. Add Encala®: stir standard individual serving of Encala® (18.4 g) into the filling until evenly mixed.
- 3 Layer that filling over half the graham cracker crumbs and top with half the berries. Serve after mixing. Keep the second filling portion, remaining crumbs, and berries separate and free of Encala® until needed.

ESTIMATED NUTRITION

Fat from food	23.8 g
Fat from Encala®	6 g (18.4 g powder example)
Calories from food	345 kcal
Calories from Encala®	100 kcal (18.4 g powder example)
Total calories	445 kcal

SWEET TREATS

Chocolate Pudding Cup

An easy way to turn a familiar pudding into a simple Encala® snack.

YIELD
1 FOOD PORTION

PREP
5 minutes

COOK
0 minutes

TOTAL
5 minutes



INGREDIENTS

- ½ cup prepared chocolate pudding
- 1-2 tablespoons whole milk, as needed

INSTRUCTIONS

- 1 Place the amount of pudding you plan to eat in a serving bowl and taste before adding powder.
- 2 Add Encala®: Stir a standard individual serving of Encala® (18.4 g) into that portion until evenly mixed. Add milk a little at a time if needed for a smooth texture. Eat after mixing; do not heat or add powder to extra pudding in advance.

ESTIMATED NUTRITION

Fat from food		6.0 g
Fat from Encala®	6 g (18.4 g powder example)	
Calories from food		185 kcal
Calories from Encala®	100 kcal (18.4 g powder example)	
Total calories		285 kcal

SWEET TREATS

Small-Batch Cream Cheese Frosting

A creamy vanilla frosting for two small dessert portions, mixed just before serving.

YIELD
2 FOOD PORTIONS

PREP
0 minutes

COOK
10 minutes

TOTAL
10 minutes



INSTRUCTIONS

- 1 Beat cream cheese and butter until smooth. Stir in powdered sugar and vanilla, then beat until creamy. Thin with a little milk if needed. Taste before adding powder.
- 2 Divide the plain frosting into 2 equal portions, enough for 2 small dessert servings rather than a whole cake. Keep the second portion free of Encala® until needed.
- 3 Add Encala®: Stir a standard individual serving of Encala® (18.4 g) into the frosting you will eat now until evenly incorporated. Spread it on a fully cooled cupcake or small piece of cake, or serve as a fruit dip. Eat after mixing; do not bake, toast, or reheat the frosted food.

INGREDIENTS

- 2 ounces full-fat cream cheese, softened
- 1 tablespoon unsalted butter, softened
- ¼ cup powdered sugar, sifted
- ⅛ teaspoon vanilla extract
- 1-2 teaspoons whole milk, as needed

ESTIMATED NUTRITION

Fat from food	15.5 g
Fat from Encala®	6 g (18.4 g powder example)
Calories from food	210 kcal
Calories from Encala®	100 kcal (18.4 g powder example)
Total calories	310 kcal

Dips, Sauces & Condiments



Lemon Hummus Bowl

Creamy hummus with lemon and olive oil for a quick savory snack.

YIELD
1 FOOD PORTION

PREP
5 minutes

COOK
0 minutes

TOTAL
5 minutes



INSTRUCTIONS

- 1 Stir hummus with olive oil, lemon juice, and enough water to reach a smooth dipping texture. Taste and place only the amount you plan to eat in your serving bowl.
- 2 Add Encala®: Stir a standard individual serving of Encala® (18.4 g) for this portion into the hummus until evenly mixed, loosening with a little more water if needed. Serve immediately with optional pita or crackers. Keep any unused base free of Encala®.

INGREDIENTS

- ⅓ cup prepared hummus
- 1 teaspoon olive oil
- 1 teaspoon lemon juice
- 1-2 tablespoons water, as needed
- Pita or crackers, for serving (optional)

ESTIMATED NUTRITION

Fat from food		19.1 g
Fat from Encala®	6 g (18.4 g powder example)	
Calories from food		235 kcal
Calories from Encala®	100 kcal (18.4 g powder example)	
Total calories		335 kcal

Creamy Avocado Dip

A fresh, mellow dip with avocado, yogurt, and a squeeze of lime.

YIELD
1 FOOD PORTION

PREP
5 minutes

COOK
0 minutes

TOTAL
5 minutes



INGREDIENTS

- ½ medium ripe avocado
- ¼ cup plain whole-milk Greek yogurt
- 1 teaspoon lime juice
- 1-2 tablespoons water, as needed
- Pinch of salt
- Tortilla chips, for serving (optional)

INSTRUCTIONS

- 1 Mash avocado with yogurt, lime juice, and salt. Taste and adjust the texture with a little water. Place the amount you plan to eat in your serving bowl.
- 2 Add Encala®: Stir a standard individual serving of Encala® (18.4 g) into that portion until evenly mixed. Serve immediately with optional tortilla chips; do not heat or add powder to unused dip.

ESTIMATED NUTRITION

Fat from food	14.1 g
Fat from Encala®	6 g (18.4 g powder example)
Calories from food	180 kcal
Calories from Encala®	100 kcal (18.4 g powder example)
Total calories	280 kcal

Creamy Herb Dip

A small bowl of creamy herb dip for crackers, vegetables, or a sandwich.

YIELD
1 FOOD PORTION

PREP
5 minutes

COOK
0 minutes

TOTAL
5 minutes



INSTRUCTIONS

- 1 Mix sour cream, mayonnaise, chives, lemon juice, garlic powder, and pepper in your serving bowl. Thin with a little milk if needed and taste.
- 2 Set aside any dip you do not plan to eat before adding powder. Stir a standard individual serving of Encala® (18.4 g) for the chosen portion into it. Serve after mixing; do not heat it.

INGREDIENTS

- 2 tablespoons full-fat sour cream
- 1 tablespoon mayonnaise
- 1 teaspoon chopped fresh chives
- ½ teaspoon lemon juice
- Pinch of garlic powder
- Black pepper, to taste
- 1-2 teaspoons whole milk, as needed

ESTIMATED NUTRITION

Fat from food	15.0 g
Fat from Encala®	6 g (18.4 g powder example)
Calories from food	140 kcal
Calories from Encala®	100 kcal (18.4 g powder example)
Total calories	240 kcal

Lemon-Tahini Finishing Sauce

A nutty, creamy sauce to spoon over an individual plate of vegetables, chicken, or grain salad.

YIELD
1 FOOD PORTION

PREP
5 minutes

COOK
0 minutes

TOTAL
5 minutes



INSTRUCTIONS

- 1 Whisk tahini, olive oil, lemon juice, garlic powder, and salt in a small serving bowl. Whisk in water a little at a time until smooth and spoonable; taste.
- 2 Choose the amount of sauce you plan to eat. Stir standard individual serving of Encala® (18.4 g) for that portion into it, adding a little more water if needed. Spoon over your ready-to-eat meal. Do not use this mixture as a marinade or cook it.

INGREDIENTS

- 2 tablespoons tahini, stirred well
- 1 tablespoon olive oil
- 1 teaspoon lemon juice
- 1-2 tablespoons water, as needed
- Pinch of garlic powder
- Salt, to taste

ESTIMATED NUTRITION

Fat from food	29.6 g
Fat from Encala®	6 g (18.4 g powder example)
Calories from food	300 kcal
Calories from Encala®	100 kcal (18.4 g powder example)
Total calories	400 kcal

Peanut-Lime Finishing Sauce

A creamy peanut sauce for one portion of cooked noodles, chicken, or vegetables.

YIELD
1 FOOD PORTION

PREP
5 minutes

COOK
0 minutes

TOTAL
5 minutes



INGREDIENTS

- 2 tablespoons smooth peanut butter
- 1 tablespoon unsweetened full-fat canned coconut milk, stirred
- 1 teaspoon lime juice
- ½ teaspoon soy sauce
- ½ teaspoon maple syrup, optional
- 1-2 tablespoons water, as needed

INSTRUCTIONS

- 1 Stir peanut butter, coconut milk, lime juice, soy sauce, and optional maple syrup in a small serving bowl. Add water gradually until smooth. Taste before adding powder.
- 2 Choose the amount you plan to eat. Stir a standard individual serving of Encala® (18.4 g) thoroughly into that sauce. Toss with your individual meal only after cooking is complete and the food is ready to eat. Do not return it to the pan or heat it again.

ESTIMATED NUTRITION

Fat from food	19.7 g
Fat from Encala®	6 g (18.4 g powder example)
Calories from food	225 kcal
Calories from Encala®	100 kcal (18.4 g powder example)
Total calories	325 kcal

Creamy Dijon Sandwich Spread

A creamy mustard spread for a sandwich or an individual serving of cooked chicken.

YIELD
1 FOOD PORTION

PREP
5 minutes

COOK
0 minutes

TOTAL
5 minutes



INSTRUCTIONS

- 1 Mix mayonnaise, yogurt, Dijon, lemon juice, and pepper in a small bowl. Thin with a little milk if needed and taste.
- 2 Set aside only the amount of spread you plan to eat. Stir in Encala® (18.4 g, the amount used for the nutrition estimate) until evenly mixed. Add the spread to a ready-to-eat sandwich or serve it with cooked chicken. Do not grill, toast, or heat the food after adding the spread.

INGREDIENTS

- 1 tablespoon mayonnaise
- 2 tablespoons plain whole-milk Greek yogurt
- ½ teaspoon Dijon mustard
- ½ teaspoon lemon juice
- Black pepper, to taste
- 1-2 teaspoons whole milk, as needed

ESTIMATED NUTRITION

Fat from food	12.0 g
Fat from Encala®	6 g (18.4 g powder example)
Calories from food	125 kcal
Calories from Encala®	100 kcal (18.4 g powder example)
Total calories	225 kcal

Quick Garlic Aioli

A creamy garlic aioli made with prepared mayonnaise for a simple, no-cook shortcut.

YIELD
1 FOOD PORTION

PREP
5 minutes

COOK
0 minutes

TOTAL
5 minutes



INSTRUCTIONS

- 1 Stir mayonnaise, olive oil, garlic, lemon juice, and pepper in a small serving bowl. Add a little water if needed for a smooth consistency. Taste before adding powder.
- 2 Set aside any aioli you will not eat now. Stir standard individual serving of Encala® (18.4 g) for your chosen portion into it until evenly mixed. Use as a dip or spread on ready-to-eat food; do not heat or cook it.

INGREDIENTS

- 2 tablespoons full-fat prepared mayonnaise
- 1 teaspoon olive oil
- ¼ teaspoon finely grated fresh garlic
- ½ teaspoon lemon juice
- Black pepper, to taste
- 1-2 teaspoons water, as needed

ESTIMATED NUTRITION

Fat from food	25.2 g
Fat from Encala®	6 g (18.4 g powder example)
Calories from food	230 kcal
Calories from Encala®	100 kcal (18.4 g powder example)
Total calories	330 kcal

Chick-fil-A-Style Dipping Sauce

A homemade honey-mustard barbecue dip inspired by the familiar sweet, smoky sauce.

YIELD
1 FOOD PORTION

PREP
5 minutes

COOK
0 minutes

TOTAL
5 minutes



INGREDIENTS

- 2 tablespoons full-fat mayonnaise
- 1 teaspoon barbecue sauce
- 1 teaspoon yellow mustard
- 1 teaspoon honey
- ¼ teaspoon lemon juice
- 1-2 teaspoons water, as needed

INSTRUCTIONS

- 1 Stir mayonnaise, barbecue sauce, mustard, honey, and lemon juice in a small serving bowl. Taste and adjust the texture with a little water if needed.
- 2 Choose only the amount you plan to eat. Stir a standard individual serving of Encala® (18.4 g) into that portion until evenly mixed. Serve with ready-to-eat chicken, potatoes, or a sandwich. Do not use the powder-containing sauce as a glaze or cook it.

ESTIMATED NUTRITION

Fat from food		20.9 g
Fat from Encala®	6 g (18.4 g powder example)	
Calories from food		220 kcal
Calories from Encala®	100 kcal (18.4 g powder example)	
Total calories		320 kcal

Avocado-Tomato Salsa

Fresh tomato, creamy avocado, and lime make a chunky salsa for one.

YIELD
1 FOOD PORTION

PREP
5 minutes

COOK
0 minutes

TOTAL
5 minutes



INSTRUCTIONS

- 1 In a serving bowl, mash half the avocado with the lime juice, olive oil, salt, and a little water. Dice the remaining avocado.
- 2 Choose the salsa portion you plan to eat. Set aside any extra mashed mixture, diced avocado, tomato, onion, and cilantro without Encala.
- 3 Stir a standard individual serving of Encala® (18.4 g) into the mashed avocado for your chosen portion. Fold in that portion's diced avocado, tomato, onion, and optional cilantro. Serve immediately with ready-to-eat food; do not heat it.

INGREDIENTS

- ½ medium ripe avocado, divided
- ¼ cup finely diced tomato
- 1 tablespoon finely chopped red onion
- 1 teaspoon lime juice
- 1 teaspoon olive oil
- 1 teaspoon chopped cilantro, optional
- Pinch of salt
- 1-2 teaspoons water, as needed

ESTIMATED NUTRITION

Fat from food	15.6 g
Fat from Encala®	6 g (18.4 g powder example)
Calories from food	175 kcal
Calories from Encala®	100 kcal (18.4 g powder example)
Total calories	275 kcal

Small-Batch Basil Pesto

Basil, olive oil, Parmesan, and pine nuts make a rich finishing sauce for one meal.

YIELD

1 FOOD PORTION | Prep 5 min

PREP

Cook 0 min

COOK

Total 5 min

TOTAL



INGREDIENTS

- ½ cup loosely packed fresh basil leaves
- 2 tablespoons olive oil
- 1 tablespoon finely grated Parmesan
- 1 tablespoon pine nuts
- ⅛ teaspoon finely grated garlic
- ½ teaspoon lemon juice
- Salt and black pepper, to taste
- 1-2 teaspoons water, as needed

INSTRUCTIONS

- 1 Finely chop basil and pine nuts, or pulse them with the oil in a small food processor. Stir in Parmesan, garlic, and lemon juice. Season and add a little water if needed to make a spoonable sauce.
- 2 Taste the plain pesto. Place only the amount you plan to eat in a small serving bowl; keep extra pesto free of Encala.
- 3 Add Encala®: stir a standard individual serving of Encala® (18.4 g) thoroughly into that pesto portion, loosening with a little more water if needed. Spoon onto your individual meal only after cooking is finished and the food is ready to eat. Do not sauté, bake, or reheat after adding the pesto.

ESTIMATED NUTRITION

Fat from food		34.2 g
Fat from Encala®	6 g (18.4 g powder example)	
Calories from food		320 kcal
Calories from Encala®	100 kcal (18.4 g powder example)	
Total calories		420 kcal

Salad Dressings



SALAD DRESSINGS

Creamy Herb Ranch Dressing

A creamy, tangy dressing with chives and dill for one salad.

YIELD
1 FOOD PORTION

PREP
5 minutes

COOK
0 minutes

TOTAL
5 minutes



INSTRUCTIONS

- 1 Whisk mayonnaise, sour cream, milk, lemon juice, chives, dill, garlic powder, and pepper in a small serving bowl. Taste and thin with a little more milk if needed.
- 2 Choose only the dressing you plan to eat; leave any extra plain. Whisk a standard individual serving of Encala® (18.4 g) into the chosen dressing until evenly incorporated. Toss with a small, ready-to-eat salad and serve immediately. Do not heat it.

INGREDIENTS

- 1 tablespoon full-fat mayonnaise
- 1 tablespoon full-fat sour cream
- 1 tablespoon whole milk, plus more as needed
- ½ teaspoon lemon juice
- ½ teaspoon chopped fresh chives
- Pinch of dried dill
- Pinch of garlic powder
- Black pepper, to taste

ESTIMATED NUTRITION

Fat from food	13.2 g
Fat from Encala®	6 g (18.4 g powder example)
Calories from food	130 kcal
Calories from Encala®	100 kcal (18.4 g powder example)
Total calories	230 kcal

SALAD DRESSINGS

Creamy Parmesan Caesar Dressing

A simple mayonnaise-based Caesar-style dressing with Parmesan and lemon.

YIELD
1 FOOD PORTION

PREP
5 minutes

COOK
0 minutes

TOTAL
5 minutes



INGREDIENTS

- 2 tablespoons full-fat mayonnaise
- 1 tablespoon finely grated Parmesan
- 1 teaspoon lemon juice
- ½ teaspoon Dijon mustard
- ¼ teaspoon Worcestershire sauce
- ⅛ teaspoon finely grated garlic
- 1-2 teaspoons water, as needed
- Black pepper, to taste

INSTRUCTIONS

- 1 Whisk mayonnaise, Parmesan, lemon juice, Dijon, Worcestershire sauce, garlic, and pepper in a small serving bowl. Add water until pourable, then taste before adding the powder.
- 2 Choose only the amount you plan to eat. Whisk a standard individual serving of Encala® (18.4 g) until evenly mixed. Toss with your ready-to-eat salad and eat immediately; do not heat it. Keep extra dressing free of powder.

ESTIMATED NUTRITION

Fat from food	22.1 g
Fat from Encala®	6 g (18.4 g powder example)
Calories from food	215 kcal
Calories from Encala®	100 kcal (18.4 g powder example)
Total calories	315 kcal

Creamy Balsamic Dressing

Olive oil and balsamic vinegar blended with a little mayonnaise for a smooth salad dressing.

YIELD
1 FOOD PORTION

PREP
5 minutes

COOK
0 minutes

TOTAL
5 minutes



INSTRUCTIONS

- 1 Whisk olive oil, mayonnaise, balsamic vinegar, Dijon, and optional honey until evenly blended. Season, add a little water if needed, and taste.
- 2 Choose only the amount you plan to eat. Whisk a standard individual serving of Encala® (18.4 g) until evenly mixed. Toss with a small ready-to-eat salad and serve immediately. Keep unused dressing plain; do not heat the Encala® mixture.

INGREDIENTS

- 1 tablespoon olive oil
- 1 tablespoon full-fat mayonnaise
- 2 teaspoons balsamic vinegar
- ½ teaspoon Dijon mustard
- ½ teaspoon honey, optional
- 1-2 teaspoons water, as needed
- Salt and black pepper, to taste

ESTIMATED NUTRITION

Fat from food		23.9 g
Fat from Encala®	6 g (18.4 g powder example)	
Calories from food		225 kcal
Calories from Encala®	100 kcal (18.4 g powder example)	
Total calories		325 kcal

Family Meals



Cream of Mushroom Soup

Earthy mushrooms, garlic, and thyme come together in a rich, comforting soup.

YIELD
4 FOOD PORTIONS

PREP
15 minutes

COOK
30 minutes

TOTAL
45 minutes



INGREDIENTS

- 4 tablespoons butter
- 1 medium onion, finely chopped
- 3 garlic cloves, minced
- 1 pound mushrooms, sliced
- ½ teaspoon dried thyme
- ¼ cup all-purpose flour
- 3 cups low-sodium vegetable or chicken broth, plus more as needed
- 1 cup heavy cream
- Salt and black pepper, to taste

INSTRUCTIONS

- 1 Melt butter in a large pot over medium heat. Cook onion for 5 minutes. Add garlic, mushrooms, and thyme; cook for 8–10 minutes until mushrooms soften.
- 2 Stir in flour for 1 minute. Gradually whisk in broth. Simmer for 10 minutes, stirring occasionally.
- 3 Blend part of the soup with an immersion blender if desired. Stir in cream and warm through. Season and thin with more broth if needed. Remove from heat. The shared pot contains no Encala®.
- 4 Ladle one person's portion into a bowl and let it cool briefly to an eating temperature. Whisk a standard individual serving of Encala® (18.4 g) into a little soup from that bowl, then mix it back into the same bowl. Serve without further heating; leave the other 3 portions free of Encala®.

ESTIMATED NUTRITION PER SERVING

Fat from food		33.6 g
Fat from Encala®	6 g (18.4 g powder example)	
Calories from food		380 kcal
Calories from Encala®	100 kcal (18.4 g powder example)	
Total calories		480 kcal

Golden Roasted Broccoli Cheddar Soup

Roasted broccoli and sharp cheddar make this familiar soup especially satisfying.

YIELD
4 FOOD PORTIONS

PREP
15 minutes

COOK
30 minutes

TOTAL
45 minutes



INGREDIENTS

- 1½ pounds broccoli florets
- 2 tablespoons olive oil, divided
- 1 onion, diced
- 3 garlic cloves, minced
- 3 tablespoons butter
- 3 tablespoons all-purpose flour
- 3 cups low-sodium vegetable or chicken broth
- 1½ cups whole milk
- 8 ounces sharp cheddar, freshly grated
- 1 teaspoon Dijon mustard
- ¼ teaspoon ground nutmeg

ESTIMATED NUTRITION PER SERVING

Fat from food	38.2 g
Fat from Encala®	6 g (18.4 g powder example)
Calories from food	525 kcal
Calories from Encala®	100 kcal (18.4 g powder example)
Total calories	625 kcal

INSTRUCTIONS

- 1 Heat the oven to 425°F. Toss broccoli with 1 tablespoon of oil, a little salt, and pepper. Roast for 18–22 minutes. Roast only the vegetables; no Encala® is used at this stage.
- 2 Meanwhile, melt butter with remaining oil in a large pot. Cook onion for 5 minutes, then garlic for 1 minute. Stir in flour for 1 minute. Gradually whisk in broth and milk; simmer gently for 7 minutes.
- 3 Add roasted broccoli and blend to your preferred texture. Reduce heat to low; stir in cheddar, Dijon, and nutmeg. Season to taste and remove from heat. Keep the shared pot free of Encala®.
- 4 Ladle one person's portion into a bowl and let it cool briefly to an eating temperature. Whisk a standard individual serving of Encala® (18.4 g) into a little soup from that bowl, then mix it back into the same bowl. Serve without further heating; leave the other 3 portions free of Encala®.

Creamy Tomato & Basil Soup

A pantry-friendly tomato soup finished with cream and fresh basil.

YIELD
4 FOOD PORTIONS

PREP
10 minutes

COOK
25 minutes

TOTAL
35 minutes



INSTRUCTIONS

- 1 Heat oil in a pot over medium heat. Cook onion for 5 minutes, then garlic for 30 seconds.
- 2 Add the tomatoes and broth, then simmer for 15–20 minutes. Add cream and basil, blend carefully with an immersion blender, and season to taste. Remove from heat.
- 3 Ladle one person's portion into a bowl and let it cool briefly to an eating temperature. Whisk a standard individual serving of Encala® (18.4 g) into a little soup from that bowl, then mix it back into the same bowl. Serve without further heating. The shared pot and other 3 portions contain no Encala®.

INGREDIENTS

- 2 tablespoons olive oil
- 1 small onion, chopped
- 2 garlic cloves, minced
- 1 can (28 ounces) crushed tomatoes
- 1½ cups low-sodium vegetable broth
- ½ cup heavy cream
- ¼ cup loosely packed fresh basil leaves
- Salt and black pepper, to taste

ESTIMATED NUTRITION PER SERVING

Fat from food	18.1 g
Fat from Encala®	6 g (18.4 g powder example)
Calories from food	240 kcal
Calories from Encala®	100 kcal (18.4 g powder example)
Total calories	340 kcal

Chicken Meatball Piccata

Golden chicken meatballs in a bright lemon-caper butter sauce.

YIELD
4 FOOD PORTIONS

PREP
20 minutes

COOK
25 minutes

TOTAL
45 minutes



INGREDIENTS

- 2 shallots, finely minced, divided
- ¼ cup grated Parmesan
- ¼ cup half-and-half
- 1 cup seasoned breadcrumbs, divided
- 2 tablespoons chopped parsley, divided
- 1 large egg
- 2 tablespoons capers, divided
- 1 pound ground chicken
- ½ teaspoon kosher salt; ½ teaspoon black pepper
- ¼ teaspoon garlic powder
- 3 tablespoons olive oil
- ½ cup of dry white wine or chicken stock

ESTIMATED NUTRITION PER SERVING

Fat from food	34.7 g
Fat from Encala®	6 g (18.4 g powder example)
Calories from food	525 kcal
Calories from Encala®	100 kcal (18.4 g powder example)
Total calories	625 kcal

INSTRUCTIONS

- 1 Mix half the shallots with Parmesan, half-and-half, ⅓ cup breadcrumbs, 1 tablespoon parsley, egg, and 1 tablespoon chopped capers. Gently mix in chicken, salt, pepper, and garlic powder.
- 2 Shape into 12 meatballs and lightly coat in the remaining breadcrumbs. Heat oil in a deep skillet over medium heat. Brown meatballs on all sides, about 5-7 minutes; transfer to a plate. They will finish cooking in the sauce.
- 3 Cook the remaining shallots in the skillet for 2 minutes. Add wine or extra stock, then scrape up the browned bits. Add the ¼ cups stock and bring to a simmer.
- 4 Return meatballs and their juices to the skillet. Cover and simmer for 8-12 minutes, turning once, until each meatball reaches 165°F. Transfer to a clean plate.
- 5 Stir lemon juice and remaining capers into the sauce. Remove from heat and whisk in butter. Add a little stock if needed. Divide meatballs among 4 plates, about 3 meatballs per person, and reserve one-quarter of the sauce in a small bowl for the person using Encala®.
- 6 Let that person's sauce cool briefly to an eating temperature, then whisk in a standard individual serving of Encala® (18.4 g) until evenly incorporated. Spoon it over their meatballs. Serve everyone else with plain sauce, garnish with parsley, and do not reheat the Encala® portion.

Creamy Tuscan Salmon

Salmon with spinach and sun-dried tomatoes in a creamy garlic sauce.

YIELD
4 FOOD PORTIONS

PREP
10 minutes

COOK
20 minutes

TOTAL
30 minutes



INGREDIENTS

- 1 pound salmon, cut into 4 equal pieces
- ¼ teaspoon garlic powder
- Salt and black pepper, to taste
- 2 tablespoons all-purpose flour, for light dredging
- 1 tablespoon olive oil
- 1 tablespoon butter
- 2 garlic cloves, minced
- ½ cup low-sodium chicken broth
- 1 teaspoon lemon juice; zest of ½ lemon
- ⅓ cup drained oil-packed sun-dried tomatoes, sliced
- 1 cup heavy cream
- 2 cups spinach

ESTIMATED NUTRITION PER SERVING

Fat from food	45.3 g
Fat from Encala®	6 g (18.4 g powder example)
Calories from food	555 kcal
Calories from Encala®	100 kcal (18.4 g powder example)
Total calories	655 kcal

INSTRUCTIONS

- 1 Season salmon with garlic powder, salt, and pepper, and lightly dust with flour. Heat oil and butter in a skillet over medium-high heat. Sear for 2–3 minutes per side; transfer to a plate. It will finish cooking in the sauce.
- 2 Reduce heat to medium. Cook garlic for 30 seconds. Add broth, lemon juice, and tomatoes, scraping up browned bits. Simmer for 2 minutes.
- 3 Add cream and spinach. Once spinach wilts, return salmon and juices. Simmer gently until the thickest part of the salmon reaches 145°F, about 3–6 minutes depending on thickness.
- 4 Remove from heat. Stir lemon zest, basil, and Parmesan into the sauce. Place salmon on 4 plates. Reserve one-quarter of the sauce in a small bowl for the person using Encala®; let it cool briefly to an eating temperature.
- 5 Whisk a standard individual serving of Encala® (18.4 g) into that person's reserved sauce until evenly mixed. Spoon it over their salmon. Divide the remaining plain sauce among the other plates. Serve without further heating.

Skillet Lemon-Herb Chicken & Broccoli

A stovetop take on Chicken Divan, with chicken and broccoli in a creamy lemon-cheddar sauce.

YIELD
4 FOOD PORTIONS

PREP
15 minutes

COOK
20 minutes

TOTAL
35 minutes



INGREDIENTS

- 1¼ pounds boneless chicken, cut into bite-size pieces
- Salt and black pepper, to taste
- 4 cups broccoli florets
- 1 tablespoon butter
- ½ small onion, finely chopped
- 2 garlic cloves, minced
- 2 tablespoons all-purpose flour
- 1 cup low-sodium chicken broth

INSTRUCTIONS

- 1 Steam broccoli for 3–4 minutes until just tender; drain well. Season chicken. Melt butter in a large skillet and cook chicken over medium heat until it reaches 165°F. Transfer to a clean plate.
- 2 Cook onion in the skillet until soft. Add garlic for 30 seconds, then flour for 1 minute. Gradually whisk in broth and milk and simmer for 2–3 minutes until thickened.
- 3 Turn off the heat. Stir in the sour cream, mayonnaise, Dijon, lemon zest and juice, thyme, optional curry, cheddar, and Parmesan until the cheese melts and the sauce is smooth. Taste and adjust the seasoning.
- 4 Divide chicken and broccoli among 4 plates. Set aside one-quarter of the sauce in a small bowl for the person using Encala®; spoon the remaining plain sauce over the other 3 plates.
- 5 Add Encala®: Let the reserved sauce cool briefly to an eating temperature. Whisk a standard individual serving of Encala® (18.4 g) into the sauce and spoon over their chicken and broccoli. Serve without further cooking or reheating.

ESTIMATED NUTRITION PER SERVING

Fat from food	28.0 g
Fat from Encala®	6 g (18.4 g powder example)
Calories from food	495 kcal
Calories from Encala®	100 kcal (18.4 g powder example)
Total calories	595 kcal

Savory Beef Stroganoff

Tender beef and mushrooms in a tangy sour cream sauce.

YIELD
4 FOOD PORTIONS

PREP
15 minutes

COOK
25 minutes

TOTAL
40 minutes



INGREDIENTS

- 1½ pounds beef sirloin, thinly sliced
- Salt and black pepper, to taste
- 3 tablespoons all-purpose flour, divided
- 3 tablespoons butter, divided
- 1 medium onion, finely chopped
- 12 ounces mushrooms, sliced
- 3 garlic cloves, minced
- 1 tablespoon tomato paste
- 2 cups low-sodium beef broth
- 2 teaspoons Dijon mustard
- 1 tablespoon Worcestershire sauce

INSTRUCTIONS

- 1 Season beef and lightly coat with 2 tablespoons flour. Melt 2 tablespoons butter in a skillet over medium-high heat. Sear beef in batches, about 1-2 minutes per side; transfer to a plate.
- 2 Add remaining butter. Cook onion for 4 minutes, then mushrooms for 6-8 minutes. Add garlic, tomato paste, and remaining flour; stir for 1 minute.
- 3 Stir in broth, Dijon, and Worcestershire. Simmer for 3-5 minutes. Return beef and juices and cook until beef reaches at least 145°F. Remove from heat and allow at least 3 minutes before serving.
- 4 Stir a few spoonfuls of warm sauce into the sour cream, then fold it into the skillet off the heat. Taste and garnish with parsley. Divide the beef among 4 plates and set aside one-quarter of the sauce in a small bowl for the person using Encala®.
- 5 Add Encala®: Let the reserved sauce cool briefly to an eating temperature. Whisk in a standard individual serving of Encala® (18.4 g) and spoon over their beef. Divide the plain sauce among the other plates. Serve without further heating.

ESTIMATED NUTRITION PER SERVING

Fat from food		44.2 g
Fat from Encala®	6 g (18.4 g powder example)	
Calories from food		615 kcal
Calories from Encala®	100 kcal (18.4 g powder example)	
Total calories		715 kcal

Thai-Style Vegetable Curry

Colorful vegetables simmered in a fragrant coconut curry sauce.

YIELD
4 FOOD PORTIONS

PREP
20 minutes

COOK
25 minutes

TOTAL
45 minutes



INGREDIENTS

- 1 tablespoon neutral oil
- ½ medium onion, diced
- 2 garlic cloves, minced
- 2 teaspoons minced fresh ginger
- 1 tablespoon Thai red curry paste, or to taste
- 1 can (13.5 ounces) full-fat coconut milk
- ¾ cup low-sodium vegetable broth
- 1 teaspoon sugar
- 1 large carrot, thinly sliced
- 1 large Yukon Gold potato, cut into ½-inch cubes
- 2 cups broccoli florets

ESTIMATED NUTRITION PER SERVING

Fat from food	24.4 g
Fat from Encala®	6 g (18.4 g powder example)
Calories from food	325 kcal
Calories from Encala®	100 kcal (18.4 g powder example)
Total calories	425 kcal

INSTRUCTIONS

- 1 Heat the oil in a large pot over medium heat. Cook the onion for about 5 minutes, until softened. Add the garlic, ginger, and curry paste and cook for 1 minute, stirring.
- 2 Add the coconut milk, broth, sugar, carrot, and potato. Simmer for 12–15 minutes, until the potato is nearly tender.
- 3 Add the broccoli and simmer for another 5–7 minutes, until the vegetables are tender. Taste and adjust the curry paste if needed.
- 4 Divide the curry among four bowls, distributing the vegetables and sauce evenly. Let the portion for the person using Encala® cool to a comfortable eating temperature.
- 5 Whisk Encala® (18.4 g, the amount used for the nutrition estimate) into a little sauce from that person's bowl, then stir it back into the same bowl. Serve without reheating. Leave the other three portions plain.

Make room for Encala® in everyday meals.

The recipes in this book show simple ways to add Encala® to the foods you already enjoy. Encala® comes in a 300 g container and may be covered by insurance, depending on your plan. For reimbursement resources and ordering information, visit solacenuitrition.com or call 1-888-8-SOLACE.

- Designed for infants, children, adults, and pregnant women
- Organic and plant-based
- NON-GMO
- Gluten-free
- Clinically evaluated to be safe, effective, and well-tolerated



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NUTRITION

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