

RECIPE



A dairy-free, gluten-free twist on a beloved Brazilian classic—made clean and nourishing for body and soul.

This healthy version of the traditional "Empadão de Frango" is comforting, satisfying, and perfect for anyone seeking to reduce dairy, gluten, or processed ingredients. Packed with lean protein, fiber-rich vegetables, and anti-inflammatory spices, it's ideal for a balanced lunch, family dinner, or savory snack. Serve it warm with a crisp baby greens salad for a functional, feel-good meal.

No Moo, No Goo Chicken Pie

Ingredients

Yields: 1 medium pie (9x9" baking dish)

Batter

2 large eggs

10 oz chicken broth or unsweetened nut milk

¼ cup ghee or olive oil

½ tsp. sea salt

¼ tsp. ground nutmeg

⅛ tsp. ground white pepper

2 Tbsp. nutritional yeast

1 cup almond flour

1 cup quinoa flour or other gluten-free flour

1 Tbsp. baking powder

Filling

2 cups cooked and shredded chicken breast

Yours to Artful Eating,

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- 2 Tbsp. olive oil
- ½ Tbsp. minced garlic
- ½ cup chopped onion
- ½ cup diced bell pepper
- 1 cup shredded cauliflower or cauliflower rice
- ½ cup diced tomatoes
- ¾ tsp. Persian seasoning (see Essential Kitchen Staples)
- ¾ tsp. sea salt
- ¼ tsp. ground allspice
- 1 Tbsp. nutritional yeast
- 1 Tbsp. cashew butter, dissolved in 3 oz warm chicken broth
- 2 Tbsp. chopped green onions
- 1 Tbsp. chopped parsley

Instructions:

Preheat oven to 350°F (175°C). Grease a 9x9" baking dish with ghee or coconut butter.

Prepare the filling:

In a medium skillet, heat olive oil over medium heat. Add garlic, onion, and bell pepper. Sauté for 5 minutes.

Add cauliflower, tomatoes, and seasonings. Cook for 5 more minutes.

Stir in the shredded chicken, nutritional yeast, and dissolved cashew butter. Cook for 3 more minutes.

Add green onions and parsley, check seasoning. Then remove from heat.

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Prepare the batter:

In a blender, combine eggs, broth or nut milk, ghee or olive oil, salt, nutmeg, pepper, nutritional yeast, almond flour, gluten-free flour, and baking powder.

Blend on medium speed for 30–60 seconds until smooth.

Assemble:

Pour half of the batter into the greased dish. Spread the filling evenly over it. Top with the remaining batter.

Bake for 30 minutes or until golden brown. Let cool slightly before slicing.

Serve with a side of baby greens or arugula salad.

📌 Chef's Notes

Feel free to substitute the chicken with ground turkey, shredded beef, or a mix of roasted vegetables.

This pie is excellent served warm or room temperature and makes a lovely afternoon tea or lunchbox option.

Health Benefits of This Recipe:

- Dairy-Free & Gluten-Free: Gentle on digestion, great for those with food sensitivities.
- High-Protein: Shredded chicken breast supports muscle repair and satiety.
- Nutritional Yeast: Rich in B-vitamins and adds a cheesy flavor without dairy.
- Cauliflower & Vegetables: Boost gut health, fiber intake, and antioxidant support.

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