

Broccoli Salad

Ingredients

- Broccoli
 - 3-4 pickled cucumbers
 - Canned corn
 - Roasted red pepper
 - Scallion
 - 2-3 cloves of garlic
 - Olive oil
 - Salt
 - Lemon
- ## How to?



1. For the preparation of broccoli salad; first, we cut the broccoli into pieces like cauliflower and boil it in boiling water for 4 minutes.
2. After it is boiled, we cut it into small small pieces and take it into a container.
3. We're chopping green onions. We add it to the broccoli.
4. In the same way, we chop and add roasted peppers and gherkin pickles.
5. We add the corn and drizzle the olive oil on it. We grate the garlic.
6. We squeeze the lemon, add the salt and mix it and get it to my debt.
7. Our broccoli salad is ready to serve.

Pumpkin Soup With Oats

Ingredients

- 1 large zucchini
- 1 large onion
- 2 tablespoons of olive oil
- 1 teaspoon of cumin
- 1 teaspoon of salt
- 1 liter of boiling water
- 3 tablespoons of yogurt
- 3 tablespoons of oatmeal
- 1 egg

How to?

1. Onions are chopped small by small, put in a saucepan with 2 tablespoons olive oil and roasted nicely.
2. Then add the diced zucchini, salt and cumin, mix well.
3. Add 1 liter of boiling water and boil for 10 minutes over medium heat.
4. In a separate bowl, mix the yogurt, oatmeal and eggs well, take 1 bowl of soup broth and warm it up.
5. Then the soup is beautifully pulled with the help of a blender.
6. Our dec decency is added gradually and allowed to boil for 10 minutes with occasional stirring.
7. Our soup is ready to serve. Enjoy your meal.



PIZZA RECIPE

INGREDIENTS

YEAST
SUGAR
SALT
OLIVE OIL
FLOUR
OLIVE
SAUSAGE
CORN
MUSHROOMS
CHEDDAR CHEESE
PEPPER
TOMATO PASTE
BLACK PEPPER
THYME

MAKING STEPS



- 1) FIRST PUT A BOWL OF WATER THEN TAKE 1 PACKET OF YEAST, 1 TABLESPOON OF SUGAR, 1 TEASPOON OF SALT AND 4 TABLESPOONS OF OLIVE OIL IN A BOWL AND KNEAD.**
- 2) LET IT FERMENT FOR ABOUT 40 MINUTES**
- 3) FOR THE SAUCE, ADD 2 TABLESPOONS OF TOMATO PASTE AND SOME BLACK PEPPER AND THYME TO A BOWL AND MIX THEM.**
- 4) OLIVE, SAUSAGE, CORN, MUSHROOM, PEPPER CUT INTO SMALL PIECES**
- 5) SPREAD THE KNEADED DOUGH ON THE BAKING TRAY**
- 6) POUR OVER THE SAUCE AND ADD OLIVES, SAUSAGES, CORN, MUSHROOMS, PEPPERS ON TOP**
- 7) BAKE THE PIZZA IN THE OVEN AT 200 DEGREES FOR 30 MINUTES**
- 8) OUR PIZZA IS READY FOR SERVE . ENJOY YOUR MEAL**

STUFFED GREEN PEPPER RECIPE



Ingredients

- 5 GREEN PAPERS OR BELL PAPER
- 1 TEA GLASS OF RICE
- 1 DESSERTSPOON TOMATO PASTE
- 1 TOMATO
- ½ WATER GLASS OF OLIVE OIL
- 1 ONION
- 1 CLOVE OF GARLIC
- 1 TEASPOON OF SALT
- 1 TEASPOON OF MINT
- 1 GLASS OF HOT WATER
- A BUNCH OF DILL
- A BUNCH OF PARSLEY
- A PINCH OF BLACK PEPPER



MAKING STEPS

- 1) Dice the onion and garlic, cut the parsley and dill into small pieces
- 2) Fry the onion and garlic in the pan for about 7 minutes
- 3) Then, rice, olive oil, dill and parsley, black pepper, salt, mint, tomato paste and half a glass of water are put into the pot and the ingredients are mixed.
- 4) The ingredients are cooked in the pot on low heat for 15 minutes
- 5) The inside of the bell peppers are cut and the ingredients are filled into the pepper
- 6) Tomatoes are placed on top of the stuffing
- 7) Stuffed peppers are placed in the pot and half of the pot is filled with water and cooked for 30 minutes.
- 8) Our stuffed green pepper is ready for serve

PASTA

PASTA PRIMAVERA

Penne pasta

Salt

Olive oil

Fresh veggies including red onion, carrot, broccoli, bell pepper, yellow squash, zucchini, tomatoes and garlic

2 tsp dried Italian seasoning

2 Tbsp fresh lemon juice

2 Tbsp chopped fresh parsley

1/2 cup shredded parmigiano, divided

Step 1

Boil The Pasta

Step 2

Saute the vegetables

Step 3

Toss pasta and veggies together with seasonings



CHICKEN SALAD

INGREDIANTS

- CHICKEN BREAST
- 5 Pickled
- ½ BUNDLE PARSLEY
- 5-6 TABLESPOON OF CANNED CORN
- 3-4 TABLESPOON OF OLIVE OIL
- ½ LEMON JUICE
- 1 TEASPOON OF SALT

HOW CAN WE DO THIS SALAD?

Firstley we boil the chicken breast. And we cut pickle and parsley while chicken is boiling. After we cut the chicken after boiling it. We add parsley, picles and corns in it. We mix the mixture. Lastly we add oil,lemon juice and salt.And your salad is ready. Enjoy your meal.



Oatmeal & Raisin Cookies



- 1 egg
- 180 g flour
- 80 g oats
- 70 g granulated sugar
- 125 g butter (at room temperature)
- 1 teaspoon of baking powder
- 1 teaspoon Green Life Ground Cinnamon
- 1 teaspoon Green Life Ground Ginger
- 2 Green Life Grain Cardamom
- 3 Green Life Grain Cloves
- Half a glass of raisins
- Salt

Remove the shells of the Green Life Grain Cardamom and put the black granules that come out of it in the pestle with the Green Life Grain Cloves. Beat the spices in a mortar until they are finely crumbled. Knead the flour, oats, granulated sugar, baking powder, a pinch of salt, spices, butter and egg in a bowl until you get a homogeneous dough. Add the grapes and continue kneading. Take pieces of the dough with an ice cream scoop and arrange them on a baking paper lined tray, spaced apart. Bake your cookies in the oven at 170 degrees for 20-25 minutes until they turn pink. Serve after cooling.



BULGUR SALAD WITH CHICKEN VEGETABLES

for 4 people

250 g chicken (hip), small cubed meat

1 cup fine bulgur wheat

1 red pepper, small cubed

1 zucchini, kitchenette

1 sweet pot Green Life Garlic Granules

1 sweet pot of Green Life Onion Powder

7-8 sprigs of parsley, finely chopped

7-8 sprigs of mint, finely chopped

Olive oil

Juice of half a lemon

Salt

Take the bulgur in a bowl, pour 1 glass of hot water over it and organize the organization. Heat 2 soup pots in a pan and add the chickens. Roast Green Life Garlic Granular, Green Life for a few minutes. In another pan, heat 2 tablespoons of oil and fry the zucchini and peppers for a minute. It can make chickens, zucchini, peppers and mint by taking bulgur into a bowl. sprinkle some salt. Mix and serve warm.

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