



Erasmus+

Happier Youth in a Healthier EU

Eat healthy, be wealthy

Our Cookbook

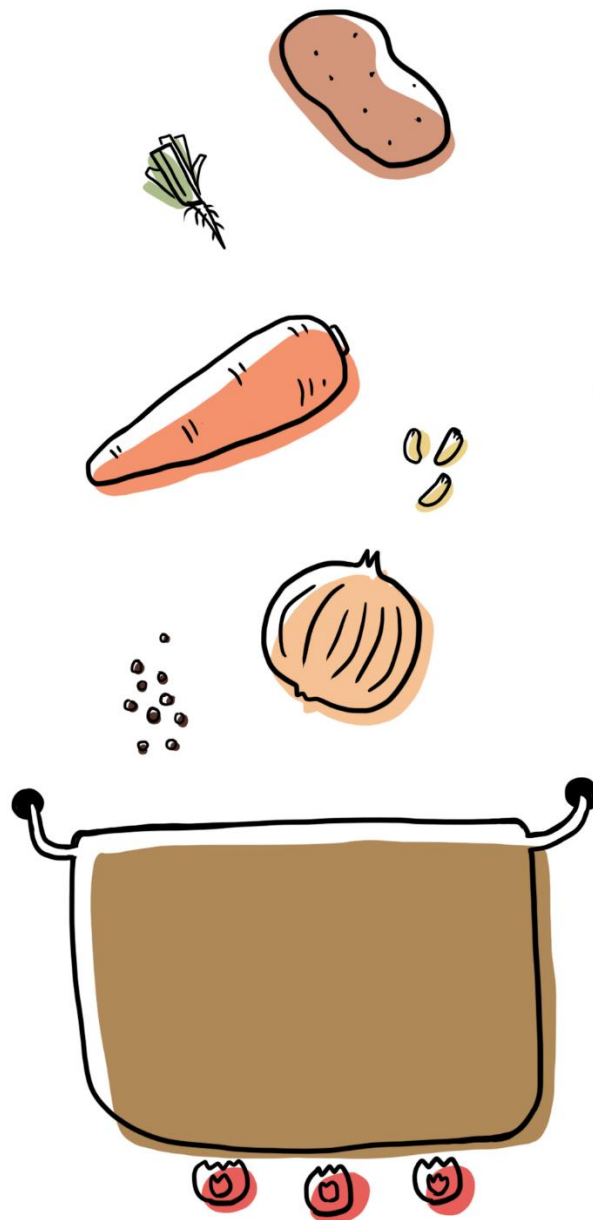




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Happier Youth in a Healthier EU

Our Erasmus+ - project

Schools and parents inform about healthy life choices and deepen understanding of what constitutes good health choices. Schools present learning opportunities that build upon family and cultural experiences and allow for critical analysis of media, advertising and peer conformity. They have a responsibility to teach, model, build behaviour practices and implement curriculum requirements that support a learning environment where the connection of learning about health and well-being is supported by balance of actions across a whole school approach.

For these reasons, we, five schools from Europe, have come together to draw attention to the importance of mental as well as physical health at school. We have decided to work on six sub-topics. Our project lasts three years – from 2020 to 2023.

These schools are involved in the project:

- Cartesius Lyceum, Onderwijsstichting Esprit Netherlands
- Ecole Ozanam France
- Educesa SL Spain
- Sultangazi Cumhuriyet Anadolu Lisesi Turkey
- Werner-von-Siemens-Gymnasium Bad Harzburg Germany

For this book, students from each school have shared their favorite recipes.



With the support of the
Erasmus+ Programme
of the European Union

Eat Healthy, Be Wealthy

Be Kind to Your Mind

Be Smart, Don't Start

Life On, Internet Off

Move Your Life

Together in a Good Spirit

Let's share our **friendship** and discover each others lives! Is there a better way than to do this via food, cooking and sharing a meal?

A circle of friends, gathered together to work on an edible project, chattering away, without being interrupted by smartphones, which so often dominate our interaction day in, day out.

What is **health**, what is **wealth**?

Our health is one of our biggest treasures. Without it, life gets a lot more difficult. By choosing the right food most of the time, we can do a lot to protect this treasure and to help others to attain the same goal. When choosing healthy food, we most often also are choosing food good for our **environment**. Protecting nature, reducing (food) waste will also have a **positive impact** on your finances.

Plan your meals ahead. Don't buy more than you need. Choose your food wisely.

All of this can get you a long way.

Health and **well-being** are key elements for growth, competitiveness and sustainable development of all countries; and schools have a critical role in **supporting** students to make healthy lifestyle choices and to understand consequences on lifelong health and wellbeing. The link between health and wellbeing and positive academic performance is well researched:

- Healthy students are more alert, engaged and better able to concentrate and learn,
- Poorly nourished children are often tired, apathetic and unable to concentrate,
- Physical activity is associated with improved learning and concentration, better mood and behaviour as well as healthy weight,
- Smoking, drinking and other drug substances severely impact a student's cognitive functions (concentration, memory, attention), capacity to behave appropriately, and frequently leads to the student engaging in further risky behaviour,
- Developing strong, supportive relationships in schools provides a safer and more inclusive environment for students to engage in their studies and learn.

Pea soup / Snert

This is for 3 people

Ingredients

250 gr split peas
0.5 leeks
1 liter of water
1 beef stock cubes
125 gr celeriac
0.5 carrots
0.5 potato (250 gr)
0.5 smoked sausage (275 gr)
150 gr shoulder pork chop
0.5 onion

Preparation

- Bring 2 liters of water to the boil with the stock cubes and split peas. Add the pork shoulder in its entirety. Let it simmer for about 1 hour, stirring occasionally.
- Meanwhile, peel the carrot, potato and celeriac and cut into cubes of about 1 cm. Cut the leek into rings and wash them well. Peel the onion and cut it into small pieces.
- After about 1 hour of cooking you will notice that the split peas begin to fall apart and a green mass is formed. Some split peas will break sooner or later than others. Stir well a few times to speed this up.
- Remove the shoulder chops from the pan, cut into pieces and add to the soup along with the chopped vegetables and potato. Let the soup simmer for about another hour and a half until the vegetables and potato are cooked and have shrunk a bit. Cut the smoked sausage into slices and stir it into the pea soup during the last few minutes and heat through. Season the pea soup with a little extra salt and pepper, if desired.

Erwtensoep / Snert

Dit is voor 3 personen

Ingrediënten

250 gr spliterwten
0.5 prei
1 liter water
1 runderbouillonblokjes
125 gr knolselderij
0.5 winterpeen
0.5 aardappel (250 gr)
0.5 rookworst (275 gr)
150 gr schouder karbonade
0.5 ui

Bereiding

- Breng 2 liter water met de bouillonblokjes en spliterwten aan de kook. Voeg de schouder karbonade in zijn geheel toe. Laat dit ongeveer 1 uur zachtjes koken, roer af en toe door.
- Schil ondertussen de wortel, aardappel en de knolselderij en snijd deze in blokjes van ongeveer 1 cm. Snijd de prei in ringen en was ze goed. Pel de ui en snijd deze in kleine stukjes.
- Na ongeveer 1 uur koken zul je merken dat de de spliterwten uit elkaar te vallen beginnen te vallen en er een groene massa ontstaat. Sommige spliterwten koken eerder of later stuk dan andere. Roer een paar keer goed door om dit te versnellen.
- Haal de schouder karbonades uit de pan, snijd in stukjes en voeg samen met de gesneden groenten en aardappel toe aan de soep. Laat de soep nog ongeveer anderhaluur zachtjes doorkoken tot de groente en aardappel gaar is en wat gekrompen is. Snijd de rookworst in schijfjes en roer deze de laatste paar minuten door de erwtensoep en warm goed door. Breng de erwtensoep eventueel op smaak met nog een beetje extra peper en zout.



Gazpacho

1 serving

Ingredients

- 1/2 kilo of ripe tomato
- 1/2 green bell pepper
- 1 clove garlic
- 1/2 cucumber
- 1 dl of olive oil
- 4 tablespoons of wine vinegar
- 1 slice of white bread (if you don't have white bread, use sliced bread)
- fine salt
- cucumber
- onion
- egg

Preparation

- Blanch and peel the tomatoes and place in the blender jar.
- Add the peeled and chopped cucumber, the pepper, the garlic, and the bread soaked in water.
- Blend for a few seconds and add the salt, vinegar, and oil (testing to rectify if necessary.)
- Pass through a strainer into a tureen and let cool for an hour.
- Serve the gazpacho in individual cups.
- Garnish with diced bread, cucumber, onion, tomato, and hard-boiled egg (to preference).



This is healthy because...

Gazpacho is a drink that is very low in calories and very nutritious at the same time. In addition to making you feel full easily, it is rich in fibre and helps you improve intestinal transit and eliminate toxins. It also has fresh ingredients that are good for your health.

Lentil salad

4 servings

Ingredients

1 onion
2 tomatoes
1 cucumber
300g of lentil
herbs of Provence
1 feta cheese
salt
pepper
1 lemon
balsamic vinegar
oil

Preparation

- Cook the lentils as directed on the package (usually 30 min in cold water from the boiling water). Let them cool, to go faster, you can pass them under cold water
- Prepare the vinaigrette: To do this, mix the oil and balsamic vinegar. Cut the lemon in half to extract the lemon juice that will be used to complete the dressing.
- Cut the onion into strips
- Oil your pan and insert your onion strips to fry. Let them brown slightly
- Cut the tomatoes and the cucumber into a rather thin wedge (nicer on the palate) as well as the feta cheese.
- Add the lentils; once cold; and the cucumber, feta, and tomatoes in your dressing.
- To finish, season the salad with salt, pepper, and herbs of Provence.



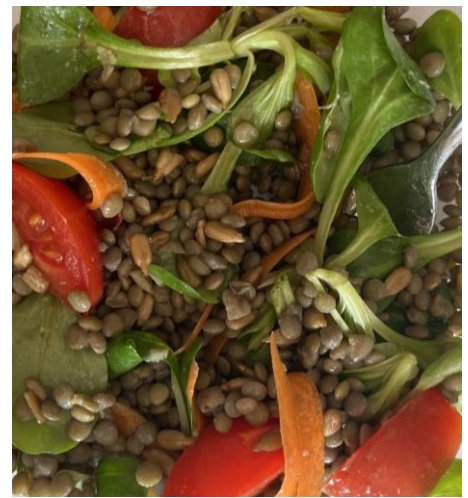
Lentil Salad

Ingredients

lentils
1 tomato
1 carrot
lettuce
peeled sunflower seeds

Preparation

- Get a big bowl to prepare the salad
- Poor some lentils into the bowl (as many as you like)
- Cut the tomato in small pieces and throw them in
- Get a carrot peeler and peel the skin
- Then peel the carrot and throw it into the bowl
- After putting as much carrot as you like, add the lettuce
- And lastly, add the peeled sunflower seeds all over the salad



This is green and healthy because...

It is a salad and it is made up of vegetables which are really healthy and do not require any special process in any fabric.

Vegetables have positive effects:

- good against cancer
 - help in weight loss
 - good for your heart
 - lower risk of diabetes
-

Ensalada de Lentejas

Ingredients

lentejas
1 tomate
1 zanahoria
lechuga
pipas peladas

Preparation

- Consigue un bol grande para preparar la ensalada
- Echar unas lentejas en el bol (tantas como quieras)
- Cortar el tomate en trocitos pequeños y echarlos
- Consigue un pelador de zanahorias y pela la piel
- Luego pela la zanahoria y échala al bol
- Después de poner tanta zanahoria como quieras, añade la lechuga.
- Y por último, añadir las pipas peladas por toda la ensalada

Esto es verde y saludable porque...

Es una ensalada y está compuesta por vegetales que son realmente saludables y no requieren ningún proceso especial en ninguna fábrica.

Las verduras tienen efectos positivos:

- bueno contra el cáncer
 - ayuda en la pérdida de peso
 - bueno para tu corazón
 - menor riesgo de diabetes
-

Chickpeas Salad

Ingredients

- ½ onion
- 1 red pepper
- 1 green pepper
- 400 g boiled chickpeas
- 250 g cherry tomatoes

vinaigrette:

- olive oil
- balsamic vinegar
- salt



Preparation

1. Clean all the vegetables and the chickpeas
2. Cut the vegetables into small pieces
3. Put it all together in a bowl
4. Dress it with a pinch of salt, balsamic vinegar, and olive oil to your own taste.

Ensalada de garbanzos

Ingredients

- ½ cebolla
- 1 pimiento rojo
- 1 pimiento verde
- 400 g de garbanzos cocidos
- 250 g de tomates Cherry

vinagreta:

- aceite de oliva
- vinagre balsámico
- sal

Pasos

1. Limpia todas las verduras y garbanzos
2. Corta todas las verduras en trocitos pequeños
3. Ponlo todo junto en un bol
4. Aliñalo con aceite, vinagre y sal a tu gusto.

Green Salad

1 serving

Ingredients

a little bunch of green lettuce
10 blueberries
grated cheese
Oil
Modena Cream (a type of vinegar)
Viandox soyce (flavouring sauce)

Preparation

- Wash the lettuce that we are going to use, and cut it into not very large pieces
- Once the lettuce is washed and cut into pieces, add some grated cheese all over the lettuce
- Afterwards, wash the blueberries, and add some fresh ones to the salad.
- Finally, pour some oil, salt, modena cream and Viandox sauce.
- If you wish, you can also add some “Picatostes” (roasted bread / croutons / crunchy nuts), tomatoes or even avocado

This is green and healthy because...

Many scientists assure us that eating green and healthy reduces your risk of obesity, and some diseases such as diabetes, cardiopatía, osteoporosis, etc.

Also, maintaining a healthy diet does not only reduce the risk of some diseases but also:

- *it makes you strong*
- *it protects your immune system*
- *it reduces stress*
- *it has many different vitamins and minerals*
- *it protects your heart*

In conclusion, I would recommend that all aged people start eating healthier, as a physical and psychological improvement will be seen over time.



Grüner Salat

1 Portion

Zutaten

ein kleiner Bund grüner Salat
10 Heidelbeeren
geriebener Käse
Öl
Modena Cream (eine Art Essig)
Viadox Soja (eine Würzsoße)



Zubereitung

- Waschen Sie den Salat, den wir verwenden werden, und schneiden Sie ihn in nicht zu große Stücke
- Sobald der Salat gewaschen und in Stücke geschnitten ist, fügen Sie etwas geriebenen Käse hinzu
- Danach die Heidelbeeren waschen und einige frische zum Salat geben.
- Gießen Sie schließlich etwas Öl, Salz, Modena-Creme und Viadox-Sauce hinein.
- Wenn Sie möchten, können Sie auch einige geröstete Nüsse, Croutons, Tomaten oder sogar Avocado hinzufügen.

Das ist grün und gesund, weil...

Viele Wissenschaftler versichern, dass eine grüne und gesunde Ernährung das Risiko von Fettleibigkeit und einigen Krankheiten wie Diabetes, Herzkrankheiten, Osteoporose usw. vorbeugen.

Außerdem verringert eine gesunde Ernährung nicht nur das Risiko einiger Krankheiten, sondern hat auch diese Vorteile:

Es macht dich stark

Es schützt dein Immunsystem

Es reduziert Stress

Es liefert viele verschiedene Vitamine und Mineralstoffe

Es schützt dein Herz

Abschließend würde ich allen älteren Menschen empfehlen, sich gesünder zu ernähren, da sich mit der Zeit eine körperliche und psychische Verbesserung einstellen wird.

Kartoffelsalat – Potato Salad

4 servings

Ingredients

- 1 kg potatoes
- 3 small onions
- 4 tablespoons of sunflower oil
- 1 spoon of mustard
- 350ml vegetable broth
- 5-6 tablespoons of vinegar
- 80g of cubed ham
- Salt & pepper
- Chives
- Sugar



Preparation

- Wash the potatoes and cook in boiling water for 20-25 minutes. Peel the onions and cut into cubes. Heat the oil in a saucepan, add onions, cover them and steam for about 15 minutes. Add mustard and stock and bring to the boil. Add the vinegar and ham, season the broth well with salt and pepper.
- Drain, rinse, peel and slice the potatoes and add them to the broth. Let them steep in the broth for at least 20 minutes.
- Wash the chives, cut diagonally into fine rings and add to the salad. Season to taste with salt, pepper and sugar. Serve the potato salad with the stock warm or cold.

This is green and healthy because...

Can a potato salad ever be healthy? Potatoes sometimes have a bad reputation for being high in calories. Considering how satiating they can be, their nutritional value is "ok". Traditional German potato salad is prepared with lots and lots of store bought mayonnaise – below you can find a lighter version using vegetable broth (and a little bit of oil) instead.

Ofenkartoffeln – Baked Potatoes

1 serving

Ingredients

- big potato (one per person)
- herb quark

Preparation

- Wash Potatoes well
- Pat dry and put into aluminium foil
- Make holes in the potato with a fork
- Lay potatoes into the preheated (200°C) oven
- Bake for 50-60 minutes till they're soft
- Get potatoes out of the oven
- Cut potato lengthwise and push a bit apart
- Put herb quark into the potatoes



This is green and healthy because...

it can be a filling main dish – or a side for a variety of meals.

The quark is a soft, low-fat cheese, combined with herbs, spices, cucumbers and onions it can be a refreshing and yummy meal.

Bauernbrot – Farmers bread

10 servings

Ingredients

- 300 g wheat flour type 405
- 280 g wheat flour type 1050
- 2 teaspoons of salt
- 1 package dry yeast
- 380 ml lukewarm water



Preparation

- Mix the flour with sugar and salt in a bowl.
- Add dry yeast and 380 ml of lukewarm water and knead everything with the dough hook of the hand mixer for 5 minutes to a smooth dough.
- Cover and let rise for circa 60 minutes.
- Knead the dough on a lightly floured work surface to form a round loaf.
- Place on a baking sheet lined with baking paper, cover and let rest for circa 60 minutes.
- Preheat the oven to 220 degrees (convection: 200 degrees).
- Brush the bread with water.
- Bake it in the oven for 15 minutes.
- Then reduce the oven temperature to 200 degrees (convection: 180 degrees) and bake the bread for 40 minutes.
- Let it cool down completely.

This is green and healthy because...

After a good meal including a slice of bread you won't be hungry again for some time. Make sure your bread does not only contain the simple/refined wheat flour. Instead, experiment with wholegrain flour or other grains besides wheat (for example: rye).

At least as important as choosing the bread itself is the decision what you put onto your slice of bread.

Brezeln – Pretzels

6 servings

Ingredients

- ½ cube of fresh yeast
- 75ml milk
- 250g flour
- ¼ spoon of salt
- ¼ spoon of sugar
- 25g butter
- ½ l water
- 1,5 spoons of baking soda



Preparation

- First you put two tablespoons of flour, one teaspoon of sugar and three tablespoons of milk in a bowl. The resulting yeast dough must now rise for 20 minutes. Now mix the remaining ingredients with the yeast dough.
- Preheat the oven to 220 degrees top bottom heat. Shape the dough into pretzels.
- Dissolve the baking soda in the water. Dip the pretzels in the lye water for 30 seconds. And finally, bake the pretzels for 20 minutes.

This is green and healthy because...

It can be a healthy snack which might also be taken along on a trip.

So maybe next time do not take along a chocolate bar and instead some Pretzels?

Cauliflower

4 servings

Ingredients

- ½ medium cauliflower
- 1 carrot
- 1 onion
- 1 tablespoon tomato paste
- 2 teaspoons sweet paprika
- 1 tablespoon of flour
- 4-5 tablespoons of olive oil
- Water and salt



Preparation

- Separate the cauliflower into branches and wash it.
- Peel the carrot and cut it into round slices.
- Chop the onion.
- Heat the oil in a deep pan.
- Add the onion and cook, stirring often, until soft.
- Add the tomato paste and fry it.
- Add the pepper and flour and fry for 1-2 more minutes.
- Add cauliflower and carrots then mix.
- Add enough water to cover it and cook on medium heat until the cauliflower and carrots are soft.
- Add salt, mix and it's ready.

Enjoy your meal!

This is green and healthy because...

Cauliflower is a cruciferous vegetable that is naturally high in fiber and B-vitamins. It provides antioxidants and phytonutrients that can protect against cancer. It also contains fiber to enhance weight loss and digestion, choline that is essential for learning and memory, and many other important nutrients. It also tastes good with different recipes.

*Many vegetables have positive "side-effects". Here are some for cauliflower:
It...*

- is good against cancer*
 - helps in weight loss*
 - regulates digestion*
 - is full of with vitamin A*
 - balances cholesterol*
 - is good for anemia*
 - reduces the risk of stress and depression*
-

Karnabahar

4 porsiyon

İçindekiler

- ½ orta boy karnabahar
- 1 adet havuç
- 1 adet soğan
- 1 yemek kaşığı domates salçası
- 1 tatlı kaşığı tatlı kırmızı biber
- 1 yemek kaşığı un
- 4-5 yemek kaşığı zeytin yağı
- Tuz ve Su



Hazırlanışı

- Karnabaharı dallarına ayırıp güzelce yıkayın.
- Havucu soyup yuvarlak dilimler halinde doğrayın.
- Soğanı doğrayın.
- Derin bir tencerede yağı kızdırın.
- Soğanı ekleyip sık sık karıştırarak yumuşayana kadar kavurun.
- Salçasını ekleyip kavurun.
- Toz biberini ve ununu ekleyip karıştırarak 1-2 dk. daha kavurun.
- Karnabahar ve havuçları da ekleyip karıştırın.
- Üzerini geçecek kadar su koyup orta ateşte karnabahar ve havuçlar yumuşayana kadar pişirin.
- Tuzunu ekleyip karıştırın ve hazır. Afiyet olsun!

Bu yemek yeşil ve sağlıklı çünkü...

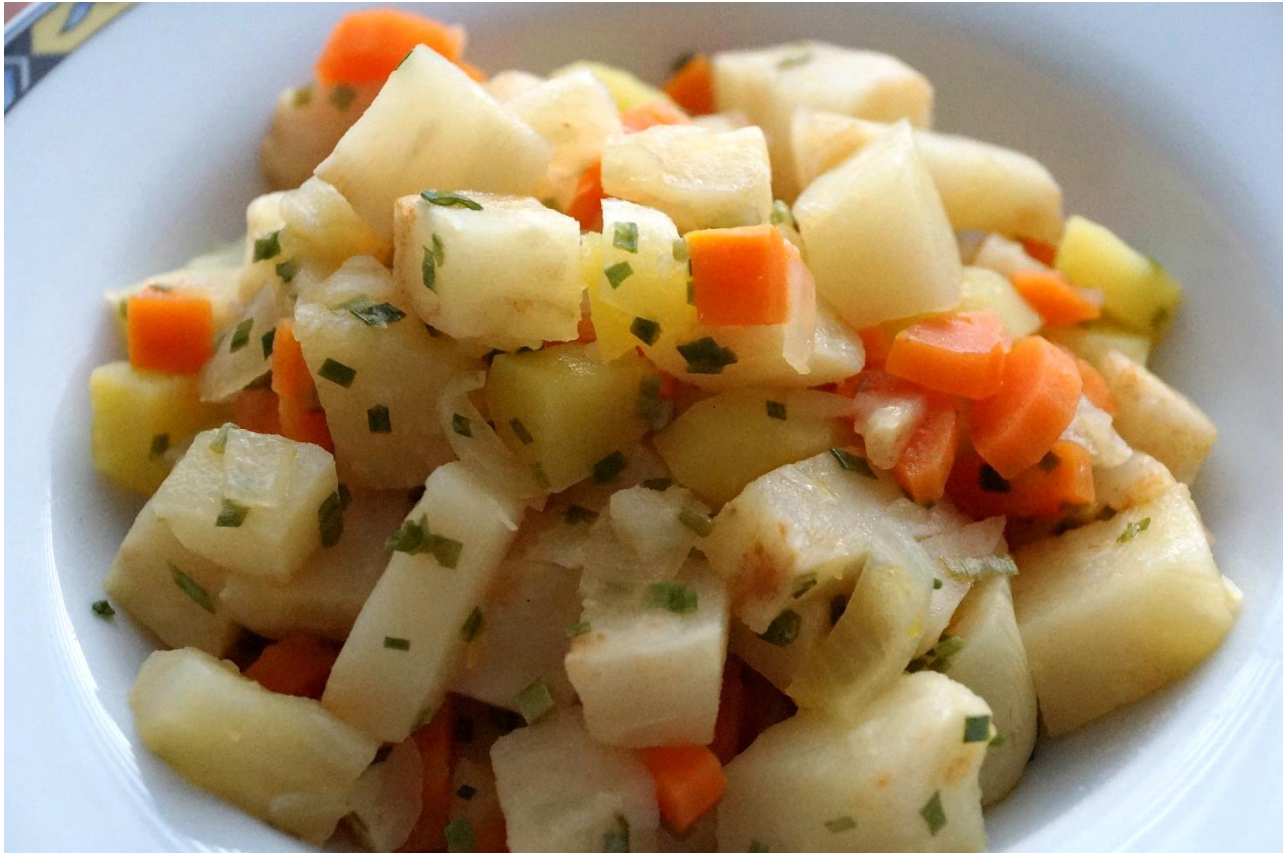
Ayrıca kilo vermeyi ve sindirimi artıran lif, öğrenme ve hafıza için gerekli olan kolin ve diğer birçok önemli besin içerir. Ayrıca farklı tariflerle de çok lezzetli oluyor.

Birçok sebzenin olumlu “yan etkileri” vardır. İşte karnabahar için bazıları:

Karnabahar...

- kansere iyi gelir
 - kilo kaybına yardımcı olur
 - sindirimi düzenler
 - A vitamini ile doludur
 - kolesterolü dengeler
 - kansızlığa iyi gelir
 - stres ve depresyon riskini azaltır
-

Celery With Orange



Ingredients

- 1 kilo of celery
- 2 potatoes
- 1-2 onions
- 1-2 carrots
- 1 glass of fresh orange juice
- 1.5 cups of hot water
- salt
- olive oil
- lemon juice

Preparation

- Dice the celery and soak in lemon juice.
- Chop carrot and onion.
- Fry the onions in a saucepan with olive oil until they turn pink.
- Add the celery and carrots to the pot.
- Add orange juice.
- If necessary, add 1.5 cups of hot water.
- Finally, add the salt and wait for it to cook. (30-35 minutes)
- You can serve hot or cold.
- Enjoy your meal.

Cheesy Spinach

4 servings

Ingredients

- 1 kilogram spinach
- an onion
- 2 tablespoons of butter
- an egg
- Cheddar cheese
- a teaspoon of salt



Preparation

- 1- Wash and chop the spinach
- 2- Put two tablespoons of butter and chopped onion in a pan and roast for 3-4 minutes
- 3- Add salt and spinach then mix for about 15 minutes
- 4- Spread the cooked spinach in a baking dish
- 5- Break the egg and whisk it
- 6- Pour the whipped egg on it
- 7- Finally, grate the cheese and sprinkle it on
- 8- Cook in the oven at 180 degrees until the cheese melts and turn brown
- 9- You can serve it with yogurt on the side

Kaşarlı Ispanak

4 porsiyon

İçindekiler

- 1 kg ıspanak
- 1 soğan
- 2 yemek kaşığı tereyağı
- 1 yumurta
- kaşar peyniri rendesi
- 1 çay kaşığı tuz

Hazırlanışı

- 1- Ispanakları yıkayın ve doğrayın
- 2- Tencereye iki yemek kaşığı tereyağı ve bir adet doğranmış soğanı koyun ve 3-4 dakika kavurun.
- 3- Tuz ve ıspanağı ekleyip yaklaşık 15 dakika karıştırın.
- 4- Pişen ıspanakları fırın kabına yayın.
- 5- Üzerine çırpılmış bir yumurta dökün
- 6- Son olarak peyniri rendeleyin ve üzerine serpin
- 7- 180 derece fırında peynirler eriyip kızarana kadar pişirin
- 8- Yanında yoğurtla servis edebilirsiniz.

Spinach is the most protein containing vegetable. It strengthens bones as it contains iron, calcium and phosphorus. It doesn't contain unhealthy oils because it is baked in the oven.

Ispanak en çok protein içeren sebzedir ayrıca demir, kalsiyum ve fosfor içerdiği için kemikleri güçlendirir. Fırında piştiği için sağlıklı yağlar içermez. Obeziteyi önlemeye yardımcı olur.



Artichokes with Olive Oil

6 servings

Ingredients

- 6 artichokes
- Juice of half a lemon (for rubbing the artichokes)
- 1 carrot
- 1 potato
- 1 cup peas (boiled or canned)
- 1 onion
- 1 teaspoon of olive oil
- 1 lemon
- 1 teaspoon of sugar
- 1.5 teaspoons Salt
- 1 glass of water

Preparation

- Cut the carrots and potatoes into small cubes and put them in the pot, add enough water to cover them and let them boil for 10 minutes. It is important that the vegetables are not fully cooked here, they should remain slightly alive.
- After our vegetables are cooked, let's drain the water and keep it aside.
- Let's take our peas in a separate pot, add water and boil them until they are soft. You can also use canned peas if you prefer. Let's drain the water of our boiled peas and keep them aside.
- Chop the onion for food and fry it in half a tea glass of olive oil until it turns slightly pink.
- Let's add potatoes and carrots on it. Add the boiled peas and mix for 1-2 minutes and remove from the stove.
- Let's put our artichokes in a suitable bowl, rub them with the juice of half a lemon and put them in the pot.
- Let's share out the vegetables we prepared in the middle parts and share out the remaining garniture on the artichokes.
- Add olive oil, lemon juice, sugar, salt, and water and close the lid of the pot.
- Let's cook on medium heat until our food boils, then cook on low heat until the artichokes soften. This process will take about 20-25 minutes.
- Let's take our cooked artichokes from the stove and let them cool. Then, let's take it on a serving plate and pour its water in the pot over it and serve. You can also decorate it with dill.
- Enjoy your meal.

Artichokes are healthy, because...

Artichoke, which is loved by many people, is rich in fiber. It actually is a type of thistle, even though it usually is considered a vegetable (just like tomatoes which really are fruit and not vegetables). This plant, which is originally from the Mediterranean, has also been used for medicinal purposes for millennia.

As it is low carb and highly nutritious, artichokes are highly esteemed in nutrition-conscious diets.

Artichokes can be prepared in a variety of ways (e. g. steamed, baked, grilled or sautéed). Their flavour can be further enhanced by spices.

Artichokes can be steamed for 20-40 minutes, moreover they can be cooked in the oven at 180 degrees for 40 minutes. In addition to the heart, the leaves can also be eaten by peeling them with the help of teeth.

There are many known health benefits of artichokes, here are 10 of them:

- 1. High Nutrition Value*
 - 2. Balances Cholesterol*
 - 3. Helps Regulate Blood Pressure*
 - 4. Beneficial for Liver Health*
 - 5. Supports the Digestive System*
 - 6. May Relieve Irritable Bowel Syndrome (IBS) Symptoms*
 - 7. May Lower Blood Sugar*
 - 8. May Lower Cancer Risk*
 - 9. May Reduce Risk of Birth Defects*
 - 10. May Boost the Immune System*
-

Zeytinyađlı Enginar Tarifi

6 porsiyon

Zeytinyađlı Enginar Tarifi İin Malzemeler

- 6 adet enginar
- Yarım limon suyu (enginarları ovmak iin)
- 1 adet havu
- 1 adet patates
- 1 su bardađı bezelye (hařlanmıř ya da konserve)
- 1 adet sođan
- 1 ay bardađı zeytinyađı
- 1 adet limon
- 1 ay kařıđı řeker
- 1,5 ay kařıđı tuz
- 1 su bardađı su



Hazırlanıřı

- Havu ve patates minik kp řeklinde dođranır ve tencereye alalım, zerini geecek kadar su ekleyerek 10 dakika kadar hařlanmaya bırakalım. Burada sebzelerin tam piřmemesi nemli, hafif diri kalması gerekiyor.
- Sebzelerimiz piřtikten sonra suyunu szelim ve bir kenarda bekletelim.
- Ayrı bir tencereye bezelyelerimizi alalım, zerine su ekleyerek yumuřayıncaya kadar hařlayalım. Dilerseniz konserve bezelye de kullanabilirsiniz. Hařlanan bezelyelerimizin de suyunu szelim ve bir kenarda bekletelim.
- Sođanı yemeklik dođrayarak yarım ay bardađı zeytinyađında hafif pembeleşene kadar kavuralım.
- zerine patates ve havucu ekleyelim. Hařladığımız bezelyeyi de ilave ederek 1-2 dakika karıřtıralım ve ocaktan alalım.
- Enginarlarımızı uygun bir kap ierisine alalım, yarım limon suyu ile ovalım ve tencereye dizelim.
- Orta kısımlarına hazırladığımız sebzelerden paylařtıralım. Kalan garnitr de enginarların zerine paylařtıralım.
- zerine zeytinyađı, limon suyu, řeker, tuz ve suyu ekleyerek tencerenin kapađını kapatalım.
- Yemeđimiz kaynayıncaya kadar orta ateřte, kaynadıktan sonra kısık ateřte enginarlar yumuřayana kadar piřirelim. Bu sre yaklaşık 20-25 dakika srecektir.
- Piřen enginarlarımızı ocaktan alalım ve sođumaya bırakalım. Ardından servis tabađına alarak suyunun zerine gezdirelim ve servis edelim. zerini dereotu ile de ssleyebilirsiniz.
- Afiyet olsun.

Enginar sađlıklıdır nk...

Fırında, ızgarada piřirilebilir ya da sotelebilir. Baharatlarla daha da lezzetlendirilebilir.

Enginarın bilinen 10 faydası.

Homemade guacamole – Guacamole casero

Why is it healthy?

This is healthy because avocado is a tropical fruit that helps reduce cholesterol and triglycerides and because of it containing an important amount of monounsaturated fats it helps augment good cholesterol in the blood. Moreover, it is a great natural antioxidant because of its richness in vitamin E, although it's also rich in vitamins C, K and B6. In addition, it also provides potassium, magnesium, iron, phosphorus and fibre.

Other ingredients that guacamole contain (such as tomatoes, lemons, cilantro and onions) help fight inflammation, better insulin sensibility and reduce cholesterol quantities in the blood. They are also used as natural antibiotics, to favour digestion and better the immune system.



5 servings

Ingredients

- 2 limes
- 3 avocados
- cilantro
- 1 small onion (40 g approx.)
- 3 tomatoes (75 g approx.)
- salt

1. Firstly, cut all the avocados in half.
2. Then remove the core by sticking a knife into it and then turning it to remove it and keep aside.
3. Now, with the help of a spoon empty the halves and put the avocado flesh into a bowl.
4. With a fork, crush the avocados, but not too much so that it does not look like a puree.



5 porciones

Ingredients

- 2 limas
- 3 aguacates
- cilantro
- 1 cebolla (40 g aprox.)
- 3 tomates (75 g aprox.)
- Sal

1. Primero partimos todos los aguacates por la mitad.
2. Retiramos el hueso clavándole un cuchillo y después lo giramos para retirar el hueso y lo dejamos a un lado.
3. Con ayuda de una cuchara vaciamos las mitades y lo ponemos en un bol.
4. Con un tenedor aplastamos el aguacate, pero no demasiado para que no parezca un puré.

5. Cut the onion and tomato into small cubes and leave them aside.



6. Chop the cilantro into small pieces.



7. Cut both limes in half.

8. Squeeze the lime juice over the mashed avocado.

9. Now add to the crushed avocado the chopped tomato, the chopped onion and the chopped cilantro.



10. Try a bit just to see if it needs more cilantro.

11. Add a pinch of salt and season to preference.

12. Finally, enjoy your home-made guacamole with some nachos.

5. Troceamos la cebolla y el tomate en daditos y lo dejamos a un lado.

6. Picamos el cilantro con un cuchillo en trocitos pequeños.

7. Partimos las dos limas por la mitad.

8. Escurrimos el jugo de la lima sobre el aguacate aplastado.

9. Ahora al aguacate aplastado le incorporamos el tomate picado, la cebolla picada y el cilantro picado.

10. Probamos un poco para ver si le falta algo de cilantro.

11. Añadimos una pizca de sal y probamos para sazonar al gusto.

12. Finalmente, a disfrutar tu guacamole casero junto a unos nachos.

¿Por qué es saludable?

Esta receta es saludable ya que el aguacate es una fruta tropical que ayuda a reducir el colesterol y los triglicéridos y por contener una cantidad importante de grasas monoinsaturadas ayuda a aumentar el colesterol bueno en la sangre. Además, es un gran antioxidante natural por su riqueza en vitamina E, aunque también es rico en vitaminas C, K y B6. También aporta potasio, magnesio, hierro, fósforo y fibra.

Otros ingredientes que contiene el guacamole, como tomates, limones, cilantro y cebollas, ayudan a combatir la inflamación, mejoran la sensibilidad a la insulina y reducen las cantidades de colesterol en la sangre. También se utilizan como antibióticos naturales, para favorecer la digestión y mejorar el sistema inmunológico.

Overheerlijke en vegetarische andijvie stampapot!

voor 4 personen

Ingrediënten

1200 gr kruimige aardappelen
500 gr andijvie
peper en zout
vegetarische rookworst
vegetarische juspoeder
boter



Bereiding

- Schil al de aardappelen, snijd ze doormidden zodat ze niet te groot zijn. Als je ze eenmaal hebt geschild gooi je ze in een pan gevuld met water (doe in het water ongeveer 2 tl zout) Laat ze voor 20 minuten koken.
- Pak in de tussentijd de rookworst, haal de buitenste verpakking eraf. Leg de rookworst met de binnenste verpakking in een pan met heet water. Laat de rookworst 15 minuten in de pan. Maar zorg ervoor dat het water niet gaat koken!
- Voor de jus moet je een klein beetje boter laten smelten in de pan. Vervolgens voeg je water toe, doe er daarna 3 tl juspoeder bij. Zorg dat het helemaal door elkaar geroerd is.
- Ondertussen zijn de aardappelen en de rookworst klaar, spoel het water dat bij de aardappelen zit weg. Stamp de aardappelen met een stamper, roer nu goed de andijvie door de aardappelen.
- Haal de rookworst uit zijn verpakking, dek de tafel en klaar is kees!

(Heel lekker met wat mosterd en zilveruitjes!)

Delicious and vegetarian endive stew!

for 4 people

Ingredients

1200 gr floury potatoes
500 gr endive
pepper and salt
vegetarian smoked sausage
vegetarian gravy powder
butter



Preparation

- Peel all potatoes, cut in half so they are not too big. Once you've peeled them, put them into a pan filled with water (put about 2 tsp salt in the water). Let them cook for 20 minutes.
- In the meantime, take the smoked sausage, remove the outer packaging. Place the smoked sausage with the inner packaging in a pan with hot water. Leave the smoked sausage in the pan for 15 minutes. But make sure the water doesn't boil!
- For the gravy, melt a little bit of butter in the pan. Add a bit of water and then add 3 tsp gravy powder. Make sure to stir it all together.
- In the meantime, the potatoes and the smoked sausage are ready, rinse away the water that comes with the potatoes. Mash the potatoes with a pestle, now stir the endive through the potatoes.
- Remove the smoked sausage from its packaging, set the table and you're done!

(Very good with some mustard and silver onions!)

Okra

4 servings

Ingredients

- 1 kg okra
- 2 onions
- 5 tomatoes
- 7 tablespoons of olive oil
- 3 cloves of garlic
- Salt and sugar
- Pepper paste
- juice of 1 lemon

Preparation

- Wash the okra with plenty of water.
- After washing, clean the handle parts by cutting them in a cone shape with the help of a knife.
- Pour the juice of 1 lemon on the cleaned and washed okra.
- Take 5 tablespoons of olive oil in a pan and fry the diced onions in this oil until they turn pink.
- Add finely chopped garlic and pepper paste on top of the pinking onions and mix quickly.
- After peeling the skins, add the tomatoes you cut into cubes and fry well.
- Finally, add the okra to the pot with the lemon juice in it. After adding salt and sugar, pour hot water on it, mix it gently once and close the lid of the pot.
- Let your okra cook for about 25 minutes on low heat with the lid closed.
- Check it and when the okra is soft and cooked, turn off the stove and keep it aside until it gets warm.
- After the okras are warm, put them on a serving plate and pour the remaining 2 tablespoons of olive oil on top and serve with lemon slices.
- Enjoy your meal.



Ricotta Spinach Lasagna

6 servings

Ingredients

- 500g spinach (here chopped and frozen)
- 250g Ricotta
- 1 egg
- 200g of lasagna sheets
- 300g tomato sauce
- Salt and pepper
- Garlic
- 1 teaspoon olive oil
- 30g grated parmesan

Preparation

- Brown the spinach with the olive oil and the garlic in a sauté pan for +/- 10 minutes, then season. Mix egg and ricotta.
- Add the spinach mixture off the heat.
- Assemble the lasagna with a layer of lasagna sheets, one of tomato sauce, one of spinach mixture then sprinkle with parmesan (and so on until all the ingredients are used up).
- Bake +/- 30min at 180 degrees Celsius.



This is healthy because...

it is vegetarian, it is low in fat and low in calories (154 kcal/serving). This is an easy recipe for a balanced and delicious dish.

Lasagnes épinards ricotta

6 portions

Ingrédients

- 500g d'épinards (ici hachés et surgelés)
- 250g de Ricotta
- 1 œuf
- 200g de feuilles de lasagnes
- 300g de sauce tomate
- Sel et poivre
- Ail
- 1 cuillère à café d'huile d'olive
- 30g de parmesan râpé

Préparation

- Faire revenir les épinards avec l'huile d'olive et l'ail dans une sauteuse pendant +/- 10 minutes, puis assaisonner.
- Mélanger l'œuf et la ricotta.
- Ajouter le mélange aux épinards hors du feu.
- Assembler les lasagnes avec une couche de feuilles de lasagne, une de sauce tomate, une du mélange d'épinards puis saupoudrer de parmesan (et ainsi de suite jusqu'à épuisement des ingrédients).
- Cuire au four +/- 30min à 180 degrés Celsius.

Cette recette de lasagnes est healthy ...

car tout d'abord elle est végétarienne, elle est peu grasse et peu calorique (154 kcal/part). C'est une recette facile pour un plat équilibré et délicieux.

Tarte au maroilles

pour 4 personnes

Ingrédients

- 1 pâte brisée
- 250-300g de maroilles
- 15cl de lait
- 15cl de crème fraîche
- 3 œufs
- 1 pincée de poivre
- 1 pincée de muscade
- 1 pincée de cumin

Préparation

- Préchauffez le four à 200°C (thermostat 7)
- Garnissez un moule à tarte (préalablement recouvert de papier sulfurisé) de la pâte à tarte
- Grattez le maroilles avec un couteau
- Le couper en tranches de 4-5 mm
- Déposez les tranches dans le moule à tarte
- Dans un saladier, mélangez les œufs, la crème fraîche épaisse, le poivre, la muscade et le cumin
- Versez le mélange sur le moule à tarte
- Enfournez à 200°C la tarte pendant 30-35 minutes
- Et vous pouvez accompagner la tarte avec de la salade en fonction de vos envies.

Maroilles* pie

*Typical northern french cheese

for 4 persons

Ingredients

- 1 shortcrust pastry
- 250-300g of maroilles
- 15cl of milk
- 15cl of fresh cream
- 3 eggs
- 1 pinch of pepper
- 1 pinch of nutmeg
- 1 pinch of cumin

Preparation

- Preheat the oven to 200°C (thermostat 7)
- Fill a pie dish (previously covered with greaseproof paper) with the pie dough
- Scratch the maroilles with a knife
- Cut in into slices of 4-5 mm
- Place the slices on the dough
- In a bowl, mix the eggs, thick fresh cream, pepper, nutmeg, and cumin
- Pour the mixture over the dough
- Bake the pie at 200°C for 30-35 minutes
- And you can accompany the pie with salad according to your wishes.



Olive Oil Beans Recipe

Ingredients

500 grams of fresh beans
1 onion
1 tomato
1 tablespoon tomato paste
3 sugar cubes
Half a teaspoon of olive oil
2 glasses of water
Salt
Black pepper
Red powdered pepper



How to make Beans with Olive Oil Recipe?

1. Fry finely chopped onions in olive oil.
2. Add tomato paste and mix it.
3. Add the beans that we cut thinly on it, close the lid of the pot without mixing, and cook it on low heat for 15 minutes.
4. Grate tomatoes and add them to our softened beans.
5. Add sugar, salt, water, and spices to it and cook it without mixing.
6. Mix food, which starts to absorb its water, 1-2 turns and leave it to cook.

Zeytinyađlı Fasulye Tarifi İin Malzemeler



İindekiler

- 500 gram taze fasulye
- 1 sođan
- 1 domates
- 1 yemek kaşıđı domates salçası
- 3 kp Őeker
- Yarım ay kaşıđı zeytinyađı
- 2 bardak su
- Tuz
- Karabiber
- Kırmızı toz biber

Hazırlanışı

1. İnce dođranmıř sođanları zeytinyađında kavurun.
2. Salayı ekleyip karıřtırın.
3. zerine ince ince dođradıđımız fasulyeleri ekleyip karıřtırmadan tencerenin kapađını kapatın ve 15 dakika kısık ateřte piřirin.
4. Domatesleri rendeleyip yumuřamıř olan fasulyemize ilave edin.
5. zerine Őeker, tuz, su ve baharatları ekleyip karıřtırmadan piřirin.
6. Suyunu ekmeye bařlayan yemeđi 1-2 tur karıřtırıp piřmeye bırakın.

Tortilla de patatas

4 servings

Ingredients

- 200 g of onion
- 6 eggs
- 400 g of potatoes
- 1 teaspoon of salt
- ½ measure of olive oil



Preparation

- Wash the onion, peel it, and chop it in medium size dices.
- Clean the potatoes with water, peel them and then chop them in a half moon form with a ½ centimetre thickness.
- Mix all of it in the skillet and flavour it as you prefer. Fry it for 25-30 minutes at low heat.
- Withdraw the heat, drain it and clean the skillet with a dry absorbent paper.
- Reserve the oil for later.
- Crack the eggs, place them in a large bowl and beat them.
- Salt them to your liking.
- Add the potatoes and the onion and mix well.
- Put the pan back on the heat, add a splash of the reserved oil, and add the mixture.
- Stir with a wooden spoon for 30 seconds until the whole mixture starts to bubble.
- Separate the edges and when you find the omelet is cooked enough, place a plate over the pan and turned it over.

Serve the potato omelet with two slices of bread with tomato and enjoy!

This is healthy and important to include in your diet because...

Eggs are a good source of not only proteins, but also vitamins and minerals. Potatoes contain a large deal of carbohydrates (which are essential to provide us energy enough), potassium, water, and fiber. The latter is crucial as it regulates the body's use of sugars.

If onion is added, as in this case, the meal will have an antioxidant effect and this product contains both purifying and diuretic properties. They favor the elimination of liquids in the organism.

It is important however to regulate the amount of calories, which can be easily dealt with by roasting the potatoes.

Amazing gluten and lactose free meal for the entire family!

Tortilla de patatas

4 porciones

Ingredientes

- 200g de cebolla
- 6 huevos
- 400 g de patatas
- 1 cucharadita de sal
- ½ medida de aceite de oliva

Preparación

- Lava la cebolla, pélala y córtala en dados medianos.
- Limpia las patatas con agua, pélaslas y luego pícalas en forma de medialuna con un grosor de ½ centímetro.
- Mézclalo todo en la sartén y sazónalo como prefieras. Fríelo durante 25-30 minutos a fuego lento.
- Retira la fritura, escúrrela y limpia la sartén con un papel absorbente seco.
- Reserva el aceite para más tarde.
- Casca los huevos, colócalos en un bol grande y bátelos.
- Sálalas a tu gusto.
- Agrega las patatas y la cebolla y mezcla bien.
- Vuelve a poner la sartén en el fuego, añade un chorrito del aceite reservado y añade la mezcla.
- Revuelve con una cuchara de madera durante 30 segundos hasta que toda la mezcla comience a cuajar.
- Separa los bordes y cuando encuentres la tortilla lo suficientemente cocida, coloca un plato sobre la sartén y dale la vuelta.



Sirve la tortilla de patata con dos rebanadas de pan con tomate y ¡disfruta!

Esto es saludable e importante para incluir en tu dieta porque...

Los huevos tienen proteínas de vitaminas y minerales. Las patatas contienen una gran cantidad de hidratos de carbono (que son esenciales para proporcionarnos la energía suficiente), potasio, agua y fibra. Este último es crucial ya que regula el uso de azúcares en el cuerpo.

Si se añade cebolla, como en este caso, la comida tendrá un efecto antioxidante y este producto contiene propiedades tanto depurativas como diuréticas. Favorecen la eliminación de líquidos en el organismo.

Sin embargo, es importante regular la cantidad de calorías, que pueden eliminarse fácilmente asando las patatas.

Asparagus

4 servings

Ingredients

- 1 kg white asparagus
- 1 kg potatoes
- 100 g breadcrumbs
- 1 egg
- Salt and pepper
- 4 Schnitzel (veal, pork, or turkey)
- Hollandaise Sauce (400 ml)



Preparation

- Peel both the potatoes and the asparagus. Boil the potatoes for about 20 minutes in salted water.
- Cook the asparagus for about 15 minutes in lightly boiling water.
- Wash the schnitzel and pat them dry, then season with salt and pepper.
- Break the egg into a shallow dish and beat.
- Place the breadcrumbs in another shallow dish.
- Dredge the schnitzel first in the beaten egg, then in the breadcrumbs. Press firmly to make the breadcrumb coating stick well.
- In a pan, fry the schnitzel on both sides until golden brown.
- Heat the Hollandaise Sauce
(finished product or freshly prepared in a water bath: 4 egg yolks, 250 g melted butter, lemon juice, salt, white pepper).
- Place potatoes, asparagus and the schnitzel on a plate, garnish with a little hollandaise sauce and serve.

This is green and healthy because...

Asparagus is in season in spring in Europe. Don't buy it out of season, because then it's flown here from Peru (and then it's most assuredly not good for the climate).

Of course, every vegetable is good for your health. You definitely should consider skipping the meat and just eat the veggies. It's still yummy!

Spargelgericht

für 4 Personen

Zutaten

- 1 kg Spargel
- 1 kg Kartoffeln
- 100 g Paniermehl
- 1 Ei
- Salz, Pfeffer
- 4 Schnitzel (Kalb, Schwein oder Pute)
- Sauce Hollandaise (400 ml)



Zubereitung

- Kartoffeln und Spargel schälen.
- Die Kartoffeln ca. 20 Minuten in Salzwasser kochen.
- Den Spargel ca. 15 Minuten in leicht kochendem Wasser garen.
- Schnitzel waschen und trockentupfen. Mit Salz und Pfeffer würzen.
- Das Ei in einem tiefen Teller aufschlagen und verrühren. In einem weiteren Teller die Semmelbrösel bereitstellen. Schnitzel zuerst im geschlagenen Ei, danach im Paniermehl wenden. Die Panade gut andrücken. Schnitzel dann in der Pfanne von beiden Seiten goldbraun braten.
- Sauce Hollandaise erwärmen (Fertigprodukt oder im Wasserbad frisch zubereitet aus 4 Eigelb, 250 g geschmolzener Butter, Zitronensaft, Salz, weißem Pfeffer).
- Die Kartoffeln, den Spargel und das Schnitzel auf einem Teller anrichten, mit etwas Sauce Hollandaise garnieren und servieren.

Dies ist gesund, weil...

Spargel hat in Europa im Frühjahr Saison. Man sollte ihn nicht außerhalb der Saison kaufen, denn dann wird er aus Peru eingeflogen (und ist dann ganz sicher nicht gut für das Klima).

Natürlich ist jedes Gemüse gut für die Gesundheit. Man kann auf jeden Fall das Fleisch auch weglassen und nur das Gemüse essen. Es ist immer noch sehr lecker!

Viele Gemüsesorten haben positive "Nebeneffekte". Hier sind einige für Spargel:

Er ...

- *ist gut gegen Krebs*
 - *hilft bei der Gewichtsabnahme*
 - *ist gut für Ihr Herz*
 - *lindert Kater*
 - *senkt das Risiko von Diabetes*
 - *hilft bei Rheumatismus*
 - *lindert Depressionen*
 - *hilft bei der Senkung des Cholesterinspiegels*
 - *enthält Vitamin E*
 - *ist reich an Vitamin K*
 - *hebt die Stimmung*
-

Asparagus bake

4 servings

Ingredients

Asparagus
Ham
Sieved tomatoes
Cream
Pepper
Paprika powder
Cheese



Preparation

- You take the asparagus and roll it in the ham and put these rolls in the casserole dish.
- This is done until the casserole dish is full.
- Then the sauce is mixed.
- You put the tomatoes and the cream in a bowl, paprika powder and pepper.
- This is mixed and then tipped into the casserole dish.
- The casserole dish is put in the oven at 200 ° for 30 minutes.
- Then the oven is turned down to 180 °.
- Towards the end, the cheese is sprinkled on the casserole. The casserole with the cheese is baked for 10 minutes in the oven at 180 ° until the cheese is melted.

This is green and healthy because...

Many vegetables have positive "side-effects". Here are some for asparagus:

It...

- *is good against cancer*
 - *helps in weight loss*
 - *is good for your heart*
 - *relieves hangovers*
 - *lowers your risk of diabetes*
 - *treats rheumatism*
 - *relieves depression*
 - *helps with blood cholesterol*
 - *contains vitamin E*
 - *is full of vitamin K*
 - *boosts your mood*
-

Coconut chicken and curry

3 servings

Ingredients

- 3 chicken cutlets
- 2 onions
- 400g coconut milk
- 280g of rice
- curry powder, salt, and pepper

Preparation

- Start cooking the onions in olive oil over medium heat.
- Add curry powder and start cooking the cutlets. Season with salt and pepper.
- Add coconut milk to the cutlets and mix
- Put rice at cooking
- Serve the rice with the cutlets and coconut milk

This dish is green because...

the rice and chicken are very good for the health, especially for people who do sports.



Burger saumon-chèvre

4 portions

Ingrédients

- 4 pains à burger
- 2 tranches de saumon fumé
- 2 tomates
- 1 concombre
- 1 bûche de chèvre
- De la roquette

Préparation

- Laver puis couper en rondelles les tomates et le concombre
- Couper la bûche de chèvre
- Laver puis enlever les feuilles de la roquette
- Disposer la roquette sur les pains à burger puis le concombre et les tomates en rondelles
- Mettre les tranches de saumon fumé coupé en carré sur le dessus avec le chèvre
- Faire chauffer le four à 190°
- Enfourner les burgers pendant 4 mins de façon à ce que le chèvre soit fondant et que les pains soient grillés (cette étape est facultative, vous pouvez très bien manger les burgers sans les mettre au four)

C'est sain et écologique car...

Tous les légumes utilisés dans la recette sont de saison, on les retrouve au printemps et en été. Faites attention à l'endroit où ils sont produits et prenez de préférence ceux qui viennent de votre pays ou d'un pays proche du votre. Ne faites pas cette recette en hiver ou en automne. De plus, la recette est équilibrée, on y retrouve des légumes qui sont bons pour votre santé, des protéines (poisson), un produit laitier (fromage de chèvre) et des féculents (pain). Il n'y a pas énormément de matières grasses ce qui est parfait !

Salmon and goat cheese burger

4 portions

Ingredients

- 4 burger buns
- 2 slices of smoked salmon
- 2 tomatoes
- 1 cucumber
- 1 goat's cheese log
- Arugula



Preparation

- Wash and slice the tomatoes and cucumber
- Cut the goat's cheese
- Wash and remove the leaves from the arugula
- Arrange the arugula on the burger buns, then the cucumber and tomatoes in slices
- Place the slices of smoked salmon cut into squares on top of the goat cheese
- Heat the oven to 190°.
- Put the burgers in the oven for 4 minutes so that the goat's cheese melts and the buns are toasted (this step is optional, you can eat the burgers without putting them in the oven)

It is healthy and ecological because...

All the vegetables used in the recipe are in season, in spring and summer. Pay attention to where they are grown and preferably use those that come from your country or a country close to yours. Do not make this recipe in winter or autumn. In addition, the recipe is balanced, with vegetables that are good for your health, proteins (fish), a dairy product (goat's cheese) and starchy foods (bread). There is not a lot of fat, which is perfect!

Merluza asada con gratinado vegano – Hake fish roast with vegan gratin

6 servings

Ingredients

- ½ hake fish
- 2 celery
- 2 leeks
- 2 potatoes
- 3 carrots
- 1 paprika
- 1 lemon
- 3 eggs
- 250 mL whole milk
- 120 g flour
- olive oil
- seasoning
- salt

Prepare the hake fish by rubbing it in olive oil and seasoning it with rosemary. Place the fish in the oven and set to cook at 200°C for 30 min.

As for the gratin, start by grating the potatoes and soak them in water to reduce the starch content

Dice the celery, paprika and leeks, and grate the carrots. Add all the vegetables to a large mold

Prepare the base for the gratin by mixing the flour, eggs and milk in a large cup. Add salt and pepper. Mix thoroughly and pour evenly into the mold. Mix again



6 porciones

Ingredients

- ½ merluza
- 2 apio
- 2 puerros
- 2 patatas
- 3 zanahorias
- 1 pimentón
- 1 limón
- 3 huevos
- 250 ml de leche entera
- 120 g de harina
- aceite de oliva
- Condimento
- sal

Preparar la merluza frotándola con aceite de oliva y sazonando con romero. Introducir el pescado en el horno y programar a 200°C durante 30 min.

En cuanto al gratinado, empieza por rallar las patatas y ponlas en remojo en agua para reducir el contenido de almidón

Cortar en dados el apio, el pimentón y los puerros, y rallar las zanahorias. Agrega todas las verduras a un molde grande

Prepara la base para el gratinado mezclando la harina, los huevos y la leche en una taza grande. Agregue sal y pimienta. Mezcle bien y vierta uniformemente en el molde. Mezclar de nuevo.

Place the vegetables mold into the oven at 200°C for 20 min.



Introducir el molde de verduras en el horno a 200°C durante 20 min.

This is healthy because...

Fish is healthy because fish is filled with omega-3 fatty acids and vitamins such as D and B2. Hake fish in particular is rich in calcium and phosphorus and a great source of minerals.

Fish – as part of a balanced – can lower blood pressure and help reduce the risk of heart attack or stroke. Of course, this recipe can be done without the fish and just the gratin and the vegetables would be just as tasty.

The gratin is healthy because it is made from vegetables like celery, leeks, carrots and paprika which are all very good sources of dietary fiber, a type of carbohydrate that helps pass food through your digestive system.

Although it is true that the potatoes are the least healthy ingredient in this recipe, we reduce their starch content in step 2 in order to make them healthier.

It is recommended to eat from 2 to 3 cups of vegetables per day to maintain a healthy diet.

Este plato es saludable porque...

El pescado es saludable porque está lleno de ácidos grasos omega-3 y vitaminas como la D y la B2. La merluza en particular es rica en calcio y fósforo y una gran fuente de minerales.

El pescado puede disminuir la presión arterial y ayudar a reducir el riesgo de un ataque al corazón o un derrame cerebral.

Por supuesto, esta receta se puede hacer sin el pescado y solo el gratinado y las verduras quedarían igual de sabrosos.

El gratinado es saludable porque está hecho de vegetales como apio, puerros, zanahorias y pimentón, que son muy buenas fuentes de fibra dietética, un tipo de carbohidrato que ayuda a que los alimentos pasen por el sistema digestivo.

Si bien es cierto que las patatas son el ingrediente menos saludable de esta receta, en el paso 2 reducimos su contenido en almidón para que sean más saludables.

Se recomienda comer de 2 a 3 tazas de vegetales al día para mantener una dieta saludable.



Basque Chicken

6 servings

Ingredients

- 1 kg tomato
- 700 g peppers (green and red)
- 3 onions, chopped
- 3 garlic cloves
- 20 cl white wine
- 1 bouquet garni (mixed herbs)
- 6 tablespoons of olive oil
- salt
- pepper
- 1 chicken cut into 6 pieces

Preparation

Step 1

- Chop the onion and garlic.
Cut tomatoes into pieces and cut peppers into strips.

Step 2

- Heat 4 tablespoons of oil in a casserole dish. Brown the onions, garlic, and peppers.
Let cook for 5 minutes.

Step 3

- Add tomatoes to casserole, add salt and pepper.
Cover and simmer for 20 minutes.

Step 4

- In a frying pan, brown the chicken pieces in olive oil,
season with salt and pepper.

Step 5

- When they are golden, add them to the vegetables, cover, add the bouquet garni and white wine
and cook for 35 minutes.

This is healthy because...

tomatoes and pepper are seasonal vegetables. And they are good for the organism.

Benefit of tomatoes:

- *Against hypertension*
- *Few calories and hydrating*

Benefits of peppers:

- *A lot of vitamins*
- *Stimulates the body's defenses*

The chicken has also a lot of advantages. It is good for the nervous system, the bones, and the kidneys.

The chicken breast in the recipe is not what stands out the most. In fact, it is very well accompanied by the tomato, peppers, onions and cloves of garlic with of course the sauce, salt / pepper and bunch of garnish. It is a very balanced dish and very good for health because it has all the nutrients needed for a healthy meal.

Poulet basquaise

6 portions

Ingrédients

- 1 kg de tomates
- 700 g de poivrons (verts et rouges).
- 3 oignons émincés
- 3 gousses d'ail
- 20 cl de vin blanc
- 1 bouquet de garniture
- 6 cuillères à soupe d'huile d'olive
- sel
- poivre
- 1 poulet coupé en 6 morceaux.



Préparation

Étape 1

- Avec l'oignon, l'ail, la tomate et le poivron.
- Hachez l'oignon et l'ail. Coupez les tomates en morceaux et les poivrons en lanières.

Étape 2

- Avec de l'huile d'olive, de l'oignon, de l'ail, du poivron
- Faites chauffer 4 cuillères à soupe d'huile dans une cocotte. Faites revenir les oignons, l'ail et les poivrons. Laissez cuire pendant 5 minutes.

Étape 3

- Avec la tomate, le poivron
- Ajoutez les tomates dans la cocotte, salez et poivrez. Couvrez et laissez mijoter pendant 20 minutes.

Étape 4

- Avec de l'huile d'olive, du poulet
- Dans une poêle, faites revenir les morceaux de poulet dans l'huile d'olive, assaisonnez de sel et de poivre.

Étape 5

- Avec le bouquet garni, le vin blanc
- Lorsqu'ils sont dorés, ajoutez-les aux légumes, couvrez, ajoutez le bouquet garni et le vin blanc et laissez cuire pendant 35 minutes.

C'est sain car...

Le blanc de poulet est déjà très bon pour la santé et dans la recette ce n'est pas ce qui ressort le plus, en fait il est très bien accompagné par la tomate, les poivrons, les oignons et les gousses d'ail avec bien sûr la sauce, le sel/poivre et le bouquet de garniture. C'est un plat très équilibré et très bon pour la santé car il contient tous les nutriments nécessaires pour un repas sain.

Fajitas

6 raciones

Ingredientes

- 1,200 kg pollo en tiras
- 2 pimientos verde
- 3 zanahorias
- 1 cebolla grande
- 1 vaso de vino blanco
- Pimienta negra y sal
- 1 bolsa de sazón de fajitas
- Aceite
- Fajitas

Preparación

- Primero, pela y corta la cebolla a tiras. Después fríe en una sartén grande con aceite la cebolla hasta que quede dorada.
- Una vez esté cocida, añade la zanahoria (previamente cortada a rodajas finas) y espera 5 min.
- Luego, en la misma sartén de la cebolla y la zanahoria cocina los dos pimientos verdes, también cortados a tiras.
- Prosigue añadiendo el pollo, el sazón y el vaso de vino blanco a la verdura. Mezcla a fuego lento hasta que esté todo al punto de cocción.
- Para terminar con el relleno, salpimenta generosamente. Mezcla un par de minutos más y apaga el fuego dejando la sartén tapada.
- Para emplatar, calentar en la sartén, a fuego lento, las fajitas. Rellenar con el guiso de pollo cada una de ellas y, ¡a disfrutar!

Este plato es saludable porque...

Las fajitas son un plato equilibrado con verdura, proteína y carbohidratos. Cada ingrediente ofrece una vitamina distinta y necesaria para tener una vida saludable y energética preparada para afrontar el día.

Fajitas

6 servings

Ingredients

- 1,200 kg chicken in strips
- 2 green peppers
- 3 carrots
- 1 large onion
- 1 glass of white wine
- Black pepper and salt
- 1 bag of fajita seasoning
- Oil
- Fajitas



Preparation

- First, peel and cut the onion into strips. Then fry the onion in a large pan with oil until it turns golden brown.
- Once it is cooked, add the carrot (previously cut into thin slices) and wait 5 minutes.
- Then, in the same frying pan as the onion and carrot, cook the two green peppers, also cut into strips.
- Continue adding the chicken, the seasoning and the glass of white wine to the vegetables. Mix over low heat until everything is cooked.
- To finish with the filling, season with black pepper and salt generously. Mix a couple more minutes and turn off the heat, leaving the pan covered.
- To serve, heat the fajitas in the pan over low heat. Fill each of them with the chicken stew and enjoy!

This dish is healthy because...

Fajitas are a balanced dish with vegetables, protein, and carbohydrates. Each ingredient offers a different and necessary vitamin to have a healthy and energetic life ready to face the day.

Healthy Moussaka

6 servings

Ingredients

500 g lean minced lamb
1 medium onion, finely chopped
2 garlic cloves, crushed
1½ tsp dried oregano
2 bay leaves
1 cinnamon stick
2 tbsp plain flour
400 g canned chopped tomatoes
2 tbsp tomato purée
2 medium eggplants, each about 275 g, cut into 1 cm round slices (ends discarded).
1 tbsp of olive oil
Greek yogurt
100 g of feta cheese
salt + pepper
2 (beaten) eggs
Parmesan and Emmental cheese (according to your preferences)

Preparation

- 1 - Spray a pan with olive oil and gently spread it along with the pan
- 2 - Add the smashed garlic and the chopped onions and actively stir for 5 minutes.
- 3 - Add the minced lamb meat and break it into pieces with a wooden spoon. Cook until it shows noticeable color.
- 4 - Stir in the salt, sweetener, oregano, cinnamon, and finally a bay leaf in order to season the mixture.
- 5 - Add the tomato purée. Stir again until thoroughly combined.
- 6 - Cook until the liquid has been reduced. Stirring is only necessary occasionally. Cook for 30 mins.
- 7 - Remove the bay leaf from the mixture and season it with salt (again) and pepper according to your preferences.
- 8 - Let the mix sit for a while on low fire.
- 9 - Meanwhile, slice the eggplant in thin (- 1 cm) pieces. Season with salt, pepper, and olive oil.
- 10 - Pan-fry the eggplant slices with low-calorie olive oil for about 3-4 mins.
- 11 - Once the eggplant has an external cooked aspect, let them sit on paper towels in order to remove the excessive fats.
- 12 - Let some oil sit on the pan and add the flour in order to make a paste. Do not stir in all the flour at first, add simultaneously as the paste is being formed.
- 13 - Add in the Greek yogurt and the feta cheese and stir until the paste becomes smooth and fully blended.
- 14 - Remove the pan from the fire and add in the beaten eggs and prevent the mixture from scrambling.
- 15 - Preheat the oven at a 180 ° C temperature.
- 16 - Add a layer of the meat mixture on a porcelain tray. Press it down in order to make it a little more compact.
- 17 - Add a layer of white sauce on top, followed by a layer of eggplants.
- 18 - Lastly, add a new layer of meat, a new eggplant layer, and finally a layer of sauce. Spread some Parmesan and Emmental cheese on top.
- 19 - Bake for 45 minutes, then leave the moussaka sit for at least 15 minutes, cut into pieces and serve.

Moussaka Sana

6 porciones

Ingredientes

- 500 g de carne de cordero magra picada
- 1 cebolla mediana, bien picada
- 2 dientes de ajo, machacados
- 1½ cucharadita de orégano
- 1 hoja de laurel
- 1 rama de canela
- 2 cucharadas de harina (de uso polivalente)
- 400 g de tomates picados en lata
- 2 cucharadas de puré de tomate
- 2 berenjenas medianas, cortadas en rodajas de 1 cm (corta los extremos)
- 1 cucharada de aceite de oliva
- Yogur griego
- 100 g de queso feta
- sal + pimienta
- 2 huevos (batidos)
- queso parmesano y emmental (acorde a tus gustos)



Preparación

- 1- Rocía una sartén con aceite de oliva y extiéndelo suavemente.
- 2 - Agrega el ajo machacado y las cebollas picadas y revuelve intensamente durante 5 minutos.
- 3 - Añade la carne de cordero picada y pártela en trozos con una cuchara de madera. Cocínalo hasta que muestre apariencia de cocción.
- 4 - Agrega la sal, el edulcorante, el orégano, la canela y finalmente una hoja de laurel para sazonar la mezcla.
- 5 - Añade el puré de tomate. Revuelve de nuevo hasta que esté completamente homogeneizado.
- 6 - Déjalo cocer hasta que se haya reducido el líquido. Remueve solo de forma ocasional. Debes dejarlo cocer durante unos 30 minutos.
- 7 - Retira la hoja de laurel y sazona con sal (nuevamente) y pimienta según tus preferencias.
- 8 - Deja reposar la mezcla a fuego lento.
- 9 - Mientras tanto, corta la berenjena a rodajas finas (- 1 cm). Sazona con sal, pimienta y aceite de oliva.
- 10 - Fríe las rodajas de berenjena con aceite de oliva (bajo en calorías) durante unos 3-4 minutos.
- 11 - En cuanto observes que las berenjenas tienen aspecto de estar hechas, retíralas de fuego y déjalos reposar sobre toallas de papel para deshacerte del exceso de grasas.
- 12 - Vierte un poco de aceite en la sartén y agrega la harina para hacer una pasta. No eches toda la harina de una vez, sino que lo debes hacer de forma progresiva mientras se va formando la pasta.
- 13 - Agrega el yogur griego y el queso feta a la pasta y remueve hasta que se vuelva una pasta densa y homogénea.
- 14 - Retira la paella del fuego e incorpora los huevos batidos. Debes evitar que se cuezan los huevos.
- 15 - Precalienta el horno a 180 ° C.
- 16 - Agrega una capa de la mezcla de carne en una bandeja de porcelana. Presiónalo hacia abajo para que quede un poco más compacto.
- 17 - Agregue una capa de salsa blanca encima, seguida de una capa de berenjenas.
- 18 - Por último, añade una nueva capa de carne, una nueva capa de berenjena y finalmente una última capa de salsa. Espolvorea un poco de queso parmesano y emmental por encima.
- 19 - Hornea la musaka durante 45 minutos, déjala reposar durante al menos 15 minutos, y finalmente córtala a trozos para poder servirla.

Zuurkool

Ingrediënten

- 900 g aardappels
- 500 g zuurkool
- 125 g magere spekreepjes
- 200 ml halfvolle melk
- 50 g margarine
- zout



Bereidingswijze

- Schil de aardappelen en snijd ze in stukken.
- Doe de aardappelen in een pan en vul de pan met koud water totdat het geheel bijna onderstaat. Breng de aardappelen aan de kook en laat ze in \pm 20 minuten zachtjes gaar koken. Giet de aardappelen af en laat ze met de deksel schuin op de pan uitdampen.
- Stoof de zuurkool in een laagje water in \pm 20 minuten.
- Stamp de aardappelen tot een puree en voeg de zuurkool toe. Voeg beetje bij beetje het melkmengsel en de margarine toe en roer goed door totdat je een mooi geheel hebt. Doe de spekjes erbij en roer door.

Sauerkraut (the Dutch way)

Ingredients

- 900 g potatoes
- 500 g sauerkraut
- 125 g low-fat bacon strips
- 200 ml milk
- 50 g butter
- salt

Method

1. Peel the potatoes and cut them into pieces.
2. Place the potatoes in a pan and fill the pan with cold water until almost submerged. Bring the potatoes to boil and let them cook gently for about 20 minutes. Drain the potatoes and let them evaporate with the lid on the pan.
3. Stew the sauerkraut in a layer of water for \pm 20 minutes.
4. Mash the potatoes into a puree and add the sauerkraut. Gradually add the milk mixture and the margarine and stir well until you have a nice whole. Add the bacon and stir.

Banana Smoothie

1 serving

Ingredients

blender
1 banana
250 ml vegetable milk (almond, oatmeal...)
125g natural yoghurt
2 ice cubes (optional)
Chia seeds (optional)
Cinnamon (optional)

Preparation

- Prepare all the ingredients and the blender.
- Peel and cut the banana.
- Pour the banana, the vegetable milk, the yoghurt, and the chia seeds into the blender.
- Mix all the ingredients until you have arrived at a homogeneous mixture (there is the option to stop mixing whenever you want if you prefer the smoothie with a different texture).
- Finally, add the cinnamon to your taste and the ice cubes if you want to drink it colder.



This is healthy because ...

this recipe includes fruits and lactose, which is crucial for our daily lives. It is really important to have a balanced diet and start off the day with energy and freshness.

Batido de plátano

1 porción

Ingredientes

batidora
1 plátano
250 ml de leche vegetal (almendra, avena,...)
125g de yogur natural
2 cubitos de hielo (opcional)
Semillas de chía (opcional)
Canela (opcional)

Preparación

- Prepara todos los ingredientes y la batidora.
- Pela y corta el plátano.
- Mete el plátano, la leche vegetal, el yogur y las semillas de Chía en la batidora.
- Bate todos los ingredientes hasta que haya una mezcla homogénea (puedes parar de batir cuando quieras si prefieres el batido con otra textura).
- Finalmente, añade a tu gusto la canela y los cubitos de hielo si quieres beberlo más frío.

Esto es sano porque ...

esta receta incluye frutas y lácteos, los cuales son imprescindibles para nuestro día a día. Es muy importante tener una dieta equilibrada y empezar el día con energía y frescura.

Banana Pancake

6 pancakes

Ingredients

ripe banana
flour
2 eggs
vanilla
maple syrup
pinch of salt
teaspoon of baking powder

Preparation

- Peel the banana and mash it with a fork in a bowl.
- Add two eggs into the bowl and mix both ingredients together.
- Pour the flour and the baking powder into the mix.
- Add a pinch of salt to the mass.
- Finally, add a little bit of vanilla and keep mixing until you get a homogeneous mixture.

Cooking Process

- Pour the pancake batter into the pan with on medium heat. Wait until the pancake isn't stuck on the pan and turn it over. When your pancakes are done, you can add some syrup to make them tastier!

This is healthy because...

it contains bananas instead of sugar which are very rich in potassium and other proteins.

Other ingredients like eggs and flour are also very beneficial for us.

Pancake de plátano

6 pancakes

Ingredientes

- plátano maduro
- harina
- 2 huevos
- esencia de vainilla
- sirope de arce
- 1 pizca de sal
- 1 cucharita de levadura



Preparación

- Pela el plátano y cháfalo con un tenedor en un bol.
- Añade los huevos y mezclalos.
- A continuación, añade la harina y la levadura en la mezcla y sigue batiendo.
- Añádele una pizca de sal.
- Finalmente, añádele un poco de esencia de vainilla y mezcla hasta que quede homogéneo.

COOKING PROCESS

- Vierta la masa del pancake en la sartén a fuego medio. Espera hasta que deje de estar pegado en la sartén y dale la vuelta. Una vez tus pancakes estén listos, ponles sirope de arce para que estén más sabrosos.

Esta receta es saludable ...

porque en lugar de azúcar lleva plátanos que son muy ricos en potasio y otras proteínas. Otros ingredientes como los huevos y la harina también son muy beneficiosos para nuestra salud.

Echte Nederlandse pannenkoeken

20 stuks

Benodigheden

- 500 gram volkoren tarwebloem
- 1 liter melk
- 4 eieren
- een snufje zout
- een mixer
- een grote kom
- een pan
- een theelepel olie
- een soeplepel



stap 1: Pak een grote kom en doe de bloem, melk, eieren en zout in de kom.

stap 2: Mix met de mixer alles net zo lang door elkaar tot er geen klontjes meer in het beslag zitten.

stap 3: Pak de pan, zet hem op het vuur, doe er een theelepel olie in en verdeel de olie over de pan.

stap 4: Pak een soeplepel en verdeel dan met de soeplepel wat beslag in het midden van de pan. Je kunt er op dit moment ook nog plakjes kaas op doen.

stap 5: Laat de pannenkoek bakken tot de bovenkant helemaal droog is. Draai de pannenkoek op de met een spatel en bak dan nog ongeveer een minuutje totdat allebei de kanten lichtbruin zijn.

stap 6: Herhaal dit tot het beslag op is.

Je kunt er nog Nederlandse stroop op doen alleen is dit niet nodig en natuurlijk niet heel gezond.



Real Dutch pancakes

20 pieces

Necessities

- 500 grams of whole wheat flour
- 1 liter of milk
- 4 eggs
- a pinch of salt
- a mixer
- a big bowl
- a pan
- a teaspoon of oil
- a soup spoon



Preparation

step 1: Take a large bowl and put the flour, milk, eggs, and salt in the bowl.

step 2: Mix everything together with the mixer until there are no more lumps in the batter.

step 3: Take the pan, put it on the fire, put a teaspoon of oil in it and divide the oil over the pan.

step 4: Take a soup spoon and then divide some batter in the middle of the pan with the soup spoon. You can also add slices of cheese at this point.

Step 5: Let the pancake bake until the top is completely dry. Turn the pancake over with a spatula and bake for about a minute more until both sides are lightly browned.

step 6: Repeat until the batter is used up.

You can still put Dutch syrup on it, but this is not necessary and of course not very healthy.



Healthy Pancakes

2 servings, 7 pancakes

Ingredients

- 35 g oatmeal
- 1 banana
- 1 yogurt
- 1 egg
- 100 ml of milk/vegetable drink
- 1 teaspoon of yeast

Preparation

- Get a big bowl and put the oatmeal, the peeled banana, the yogurt, the egg, the milk, and the yeast.
- Second, mix all the ingredients until the mixture is liquid (the fewer lumps possible).
- Heat the pan (better use a non-stick pan).
- Grease the pan with oil or coconut.
- Pour some dough into the pan and wait for small bubbles or holes to form.
- When these bubbles appear, turn the pancake over with help of a spatula.
- And ready to eat!

This is green and healthy because...

This recipe is usually cooked with unhealthy ingredients, but here this is not the case! All the ingredients that are used are healthy, so this is what makes the recipe special. This pancake recipe is the proof for those who say that healthy food isn't good. I think all of you should try this at home since it is an easy and quick recipe that you will love.

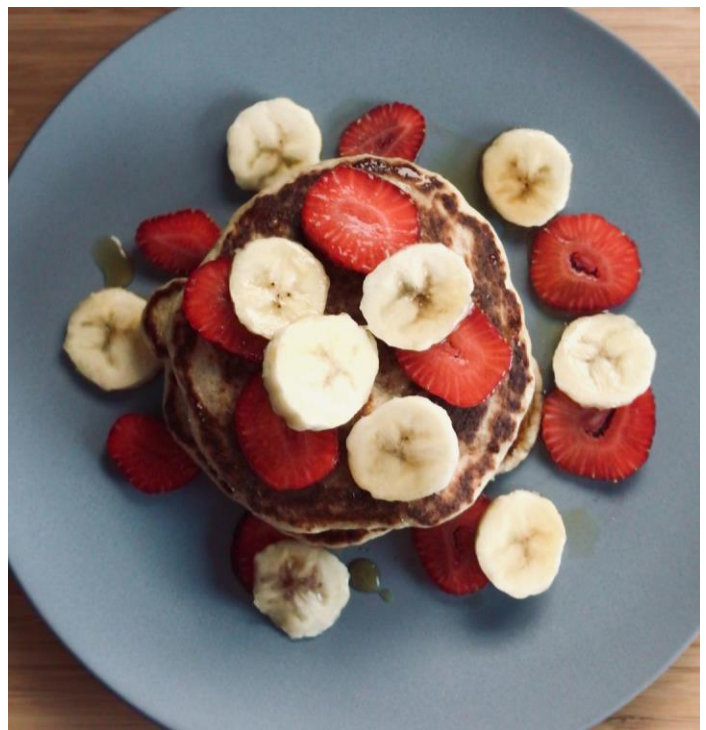


Pancakes saludables

2 raciones, 7 pancakes

Ingredientes

- 35 g de harina de avena
- 1 plátano
- 1 yogur
- 1 huevo
- 100 ml de leche/leche vegetal
- 1 cucharadita de levadura



Preparación

- Coger un bol grande y poner la harina, el plátano troceado, el yogur, la leche y la levadura.
- Después, mezcla todos los ingredientes hasta que quede una mezcla líquida (cuantos menos grumos mejor).
- Calienta la sartén (recomendable usar una sartén que no se quemé).
- Engrasar la sartén de aceite o de coco.
- Vierte un poco de masa en la sartén y espera a que se formen pequeñas burbujas o agujeros.
- Cuando estas burbujas aparezcan, dale la vuelta al pancake con ayuda de una espátula.
- ¡Y listo! ¡A comer!

Esto es sano porque ...

Esta receta es normalmente cocinada con ingredientes que no son saludables, ¡pero este no es el caso!

Todos los ingredientes utilizados son saludables, y esto es lo que hace que la receta sea especial. Esta receta de pancakes es la prueba para todos los que dicen que la comida saludable no está buena. Creo que todos vosotros deberíais probar de hacerlos en casa, ya que es una receta fácil y rápida de hacer que seguro que os gustará.

Oatmeal banana cookies

25 cookies

Ingredients

- 10 soup spoons of oatmeal
- 3 bananas
- cinnamon (as much as you like)
- dark chocolate (optional)

Preparation

- Peel the bananas in a bowl and crush them with a fork.
- Add the oatmeal to the crushed bananas.
- Mix both of the ingredients together.
- Add cinnamon to the mix.
- OPTIONAL:
 - Take a few pieces of dark chocolate (as you wish) and cut them into small pieces.
 - Add them to the mix.

- Heat the oven to 200°
- Place small portions of the mix into the baking tray all separate from each other.
- Put the baking tray inside the oven and let it bake for 20 minutes.
- Take out the cookies and enjoy!

This is healthy because...

it replaces sugar with banana and doesn't use butter, margarine...

It is also very easy to do, there aren't a lot of ingredients needed and it is delicious!

Galletas de avena y plátano

25 unidades

Ingredientes

- 10 cucharadas soperas de avena
- 3 plátanos maduros
- canela (al gusto)
- chocolate negro (opcional)



Preparación

- Pela los plátanos y mételos en un bol para chafarlos con un tenedor.
- Una vez tengas los plátanos chafados, añade las 10 cucharadas soperas de avena.
- Mezcla los dos ingredientes.
- Añade canela a la mezcla.
- OPCIONAL:
 - Corta unos pocos trozos de chocolate caliente en trozos pequeños.
 - Añádelos a la mezcla.
- Calienta el horno a 200º.
- En una bandeja de hornear añade pequeñas porciones de esta mezcla separadas las unas de las otras.
- ¡Saca las galletas del horno y disfruta!

Esta receta es saludable porque ...
utiliza plátano en vez de azúcares más artificiales y no se necesita poner ni margarina, mantequilla...

A demás, no se necesitan demasiados ingredientes y están buenísimas.

Banana Bread

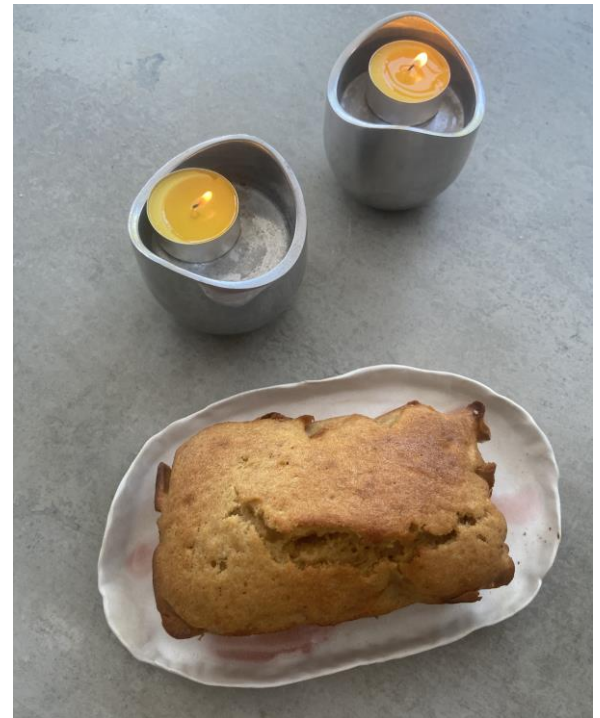
4 to 5 servings

Ingredients

- 1 banana
- 1 egg
- 75 gr oats
- 40 gr brown sugar
- 1 tsp of baking powder
- 38 gr of melted butter
- splash of vanilla extract

Preparation

1. Preheat oven to 180° C
2. In a blender, blend the oats until it has the texture of flour and keep them aside for later.
3. In a bowl, smash with a fork the peeled banana.
4. Melt the butter until it is liquid, add it to the bowl (where there is the mashed banana), and mix it.
5. Add to the bowl the egg, the brown sugar and a splash of vanilla extract and mix it.
6. Take a strainer, place it on top of the bowl and strain the oatmeal with the baking powder.
7. Stir in all the ingredients until there remains a not very thick and homogeneous mass.
8. Add the mass to a metal cake pan lined with baking paper.
9. Put it in the oven and leave it for 30-45 min
10. After the time has passed, let it cool a little bit, if you want you can garnish it with a little bit of jam, and it is ready to be served.



This is healthy because...

Banana Bread contains a lot of proteins as it has oats and banana. It is better when the bananas are ripe as it is easier to smash them, and they taste better when they are mixed with all the ingredients.

Not many desserts, or afternoon snacks have positive "side-effects", but here are some for banana bread:

It helps to reduce cholesterol

It contains healthy fats

It has a great supply of vitamins

The banana is good for your heart as it protects it

It reduces fatigue and tiredness

It prevents anemia

It stimulates the nervous system and the intestinal function

It has carbohydrate and mineral sources

It helps in weight loss

It helps in blood sugar control

It is rich in antioxidants

It provides a lot of energy

It is probiotic

It is good for digestion

It prevents hypothyroidism and helps with bronchitis

Pan de Plátano

4 o 5 porciones

Ingredientes

- 1 plátano
- 1 huevo
- 75 gr de avena
- 40 gr de azúcar moreno
- 1 cucharadita de levadura en polvo
- 38 gr de mantequilla derretida
- chorrillo de extracto de vainilla

Preparación

1. Precalienta el horno a 180°
2. En una batidora, bate la avena hasta que tenga la textura de la harina y reserva para más adelante.
3. En un bol, tritura con un tenedor el plátano pelado.
4. Derrita la mantequilla hasta que esté líquida, agréguela al recipiente (donde está el plátano machacado) y mezcla.
5. Añade al bol el huevo, el azúcar moreno y un chorrillo de esencia de vainilla y mézclalo.
6. Coge un colador, colócalo encima del bol y cuela la avena con el polvo de hornear.
7. Remueve todos los ingredientes hasta que quede una masa no muy espesa y homogénea.
8. Agregue la masa a un molde para pasteles de metal forrado con papel de hornear.
9. Métele en el horno y déjalo 30-45 min.
10. Pasado el tiempo, deja que se enfríe un poco, si quieres puedes adornarlo con un poco de mermelada y está listo para servir.



El Pan de Plátano es saludable porque...

contiene muchas proteínas ya que tiene avena y plátano. Es mejor cuando los plátanos están maduros ya que es más fácil machacarlos y saben mejor cuando se mezclan con todos los ingredientes.

No muchos postres o meriendas tienen "efectos secundarios" positivos, pero aquí hay algunos para el pan de plátano:

Ayuda a reducir el colesterol.

Contiene grasas saludables

Tiene un gran aporte de vitaminas.

El plátano es bueno para tu corazón ya que lo protege

Reduce la fatiga y el cansancio

Previene la anemia

Estimula el sistema nervioso y la función intestinal

Tiene fuentes de carbohidratos y minerales

Ayuda en la pérdida de peso

Ayuda en el control del azúcar en la sangre

Es rico en antioxidantes.

Proporciona mucha energía

Es probiótico

Es bueno para la digestión

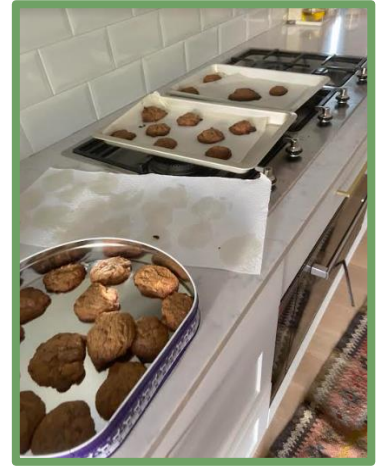
Previene el hipotiroidismo y ayuda con la bronquitis

Chewy chocolate chip cookies

25 cookies

Ingredients

- 75 g white sugar
- 150 g brown sugar
- 1 teaspoon salt
- 115 g unsalted melted butter
- 1 egg
- 1 teaspoon vanilla extract
- 150 g all-purpose flour
- ½ teaspoon baking powder
- 150 g chocolate chips or chunks



Preparation

- In a large bowl, whisk together the sugars, salt, and butter until a paste forms with no lumps.
- Whisk in the egg and vanilla, beating until light ribbons fall off the whisk and remain for a short while before falling back into the mixture.
- Sift in the flour and baking soda, then fold the mixture with a spatula. (Be careful not to overmix, which would cause the gluten in the flour to toughen resulting in cakier cookies).
- Fold in the chocolate chunks, then chill the dough for at least 30 minutes. For a more intense toffee-like flavour and deeper colour, chill the dough overnight. The longer the dough rests, the more complex its flavour will be.
- Preheat the oven to 180° C. Line a baking sheet with parchment paper.
- Scoop the dough with an ice-cream scoop onto a parchment paper-lined baking sheet, leaving at least 10 cm of space between cookies and 5 cm of space from the edges of the pan so that the cookies can spread evenly.
- Bake for 12-15 minutes, or until the edges have started to barely brown.
- Cool completely before serving.
- Enjoy!

