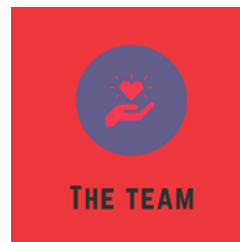




WELCOME



WE ARE EXPECTING YOU!



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THE TEAM

CATALOG 2022



TASTY AND HEALTHY

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TASTY AND HEALTHY

Creating food places offering healthy food near your home, office, school, neighborhoods will enable many people - workers, students, families and others to have healthy food, and this in turn will lead to fewer diseases. Job opportunities and higher income will be provided for children leaving home after high school. Students will be able to have their internship efficiently in a real work environment.



This catalog was made by students from the Vocational School of Trade and Catering in connection with an Erasmus+ project.

Muffins with bananas and oatmeal

1 EUR



1 ½ cups unbleached all-purpose flour

½ teaspoon salt

1 egg

1 cup rolled oats

¾ cup milk

½ cup white sugar

⅓ cup vegetable oil

2 teaspoons baking powder

½ teaspoon vanilla extract

1 teaspoon baking soda

1 cup mashed bananas

Salmon with asparagus



2 lbs salmon fillet, cut into six 6 oz portions
2 lbs 2 bunches asparagus, fibrous ends removed
Salt and black pepper
1 Tbsp olive oil
1 small lemon, sliced into rings for garnish

CONTENTS

1. Caesar salad with chicken
2. Shopska salad
3. Salad with red beets, carrots and apples
4. Spinach salad with quinoa
5. Quinoa meatballs
6. Chicken soup
7. Salmon with asparagus
8. Muffins with bananas and oatmeal

Caesar salad with chicken

5 EUR



Ingredients

1 medium ciabatta loaf (or 4 thick slices crusty white bread)

3 tbsp olive oil

2 skinless, boneless chicken breasts

1 large cos or romaine lettuce, leaves separated

Quinoa meatballs

5 EUR



- 1/2 cup quinoa dry, pre-rinsed
- 1 cup water
- 1 cup **green lentils** cooked, well drained
- 1/4 cup red bell pepper diced
- 1/2 cup onion diced
- 2 garlic cloves minced
- 1/2 cup **gluten free bread crumbs** or **whole wheat panko bread crumbs** (add additional bread crumbs if the meatballs need to be firmer and aren't holding together well)
- 1/4 cup parmesan freshly grated
- 1 tablespoon parsley leaves flat, freshly chopped
- 1 tablespoon oregano freshly chopped

Chicken soup

2 EUR



- 1 (3 pound) whole chicken
- 4 carrots, halved
- 4 stalks celery, halved
- 1 large onion, halved
- water to cover
- salt and pepper to taste
- 1 teaspoon chicken bouillon granules (Optional)

Shopska salad

4 EUR



NEEDED PRODUCTS

Compulsory components of the Shopska Salad are tomatoes (400 g) and cucumbers (250 g). Besides them, you also need 1 green pepper, 1 onion or 3 sticks of spring onion, 100 g white cheese, parsley, vinegar, olive oil (or sunflower oil) and salt according to your preferences.

Salad with red beets, carrots and apples

3 EUR



INGREDIENTS

- 2 beets *large, raw, about 1 lb, peeled and roughly chopped*
- 2 carrots *large, about 8 oz, roughly chopped*
- 2 granny smith apples *cored and roughly chopped**
- Zest & juice of 2 lemons *~1/4 cup*
- 1 tbsp olive oil *mild tasting*

Spinach salad with quinoa

3 EUR



- ½ cup quinoa, *uncooked*
- 2 cups spinach, *finely chopped*
- 1 tomato, *diced*
- ½ cup cucumbers, *diced*
- ¼ cup raisins
- 1 + ½ tablespoon lemon juice
- 1 + ½ tablespoon extra-virgin olive oil
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper