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HEALTHY RECIPES

HEALTHY GENERATION PROJECT
2017-1-SK01-KA219-035296_1

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The International Cook Book



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CHICKPEA SPREAD WITH FRIES

recipe 1



SPREAD

- one cup of boiled chickpea
- 2 ripe avocados
- 3 tbsp of olive oil
- 3 tbsp of lime juice
- 2 cloves of garlic
- ½ teaspoon of cumin
- salt and black pepper

Instructions

Put the chickpea in a blender.

Add the olive oil, lime juice, crushed garlic, cumin and mix it.

Add avocados, salt and black pepper and mix it all.

Wash 3 pieces of sweet potatoes.

Cut them into fries.

Fry them in oil.

Add a pinch of salt.



GRILLED CHICKEN SALAD

recipe 2



Ingredients

chicken breast
fresh pineapple, red pepper
mango, avocado,
shredded carrots,
shredded purple cabbage,
sliced almonds

Instructions

1. Combine ingredients for marinade; pour over chicken breast
2. Marinate overnight.
3. Grill the chicken.
4. Assemble salad with chopped pineapple, red pepper, mango, avocado, carrots, cabbage, almonds, and chicken breast.

Marinade

- 2 tbsp orange juice
- 1 tbsp olive oil
- 1 tsp lime juice
- 1 tbsp soy sauce
- 1 tbsp honey
- 1 clove garlic minced
- tsp ginger

Dressing

- 1/4 c. olive oil
- 2 Tbsp. lime juice
- 1 Tbsp. honey
- 1 tsp. dijon mustard
- 1/4 tsp. ginger
- 1/4 tsp. garlic powder
- 1/8 tsp. pepper
- pinch of allspice

1. Combine ingredients for dressing; shake well.
2. Pour dressing over salad as desired.

CAKE WITHOUT FLOUR AND SUGAR

recipe 3



DOUGH

3 eggs

150 g white yoghurt

50 g butter

2 ripe bananas

170 g oat flakes

30 g of cocoa

1 tsp of baking powder

pinch of salt

CREAM

200 g dark chocolate

2 ripe bananas

350 g mascarpone

Instructions

In a bowl mix bananas and eggs. Add yoghurt, lukewarm butter and stir. In another bowl mix the dry ingredients - grounded oats, cocoa, baking powder and salt. Add gradually the dry ingredients into the banana mixture. Pour the dough into the greased metal sheet and bake at 180 °C for about 35 minutes.

In a bowl let the chocolate dissolve over steam. Crush bananas with a fork and mix them with chocolate. Add mascarpone and mix thoroughly. Put cream on the cake and let it chill.

TOMATO, CUCUMBER, AVOCADO SALAD

recipe 4

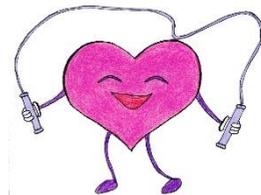


Ingredients

- 1 cup chopped cherry tomatoes
- 1 cucumber – peeled and diced
- 1 avocado – diced
- 200g feta cheese – cubed
- 1 red onion
- 2 tbs olive oil
- black pepper, salt
- lemon juice

Instructions

1. Cut cherry tomatoes in half.
2. Peel one cucumber and dice it
3. Peel avocado and dice it.
4. Cube feta.
5. Mince the red onion.
6. Put the vegetable and feta into a bowl.
7. Whisk together olive oil, lemon juice and black pepper. Pour over the salad.
8. Toss gently so the feta and avocado don't break up.
9. Serve immediately.



LOADED BAKED POTATOES

recipe 5



Ingredients

- 4 large potatoes
- 1 tbsp olive oil
- 6 slices bacon chopped
- 1 cup sliced mushrooms
- 1 cup shredded cheese
- 1 cup cheese sauce
- fresh minced chives

Instructions

1. Preheat the oven.
2. Slice potatoes in half lengthwise.
3. Boil them in salted water for 10 minutes.
4. Place potatoes directly on grated sheet.
5. Bake until potatoes are tender.
6. Prepare cheese sauce.





Cheese Sauce

- 2 tbsp butter
- 2 tbsp flour
- 1 cup milk
- 150g cream cheese
- 1/2 cup cream

Instructions

In a small saucepan, melt butter over low heat.

Add flour and stir until bubbly.

Add milk, cream.

Continue stirring constantly until mixture is thickened.

Remove from heat and stir in cream cheese.

Scoop out centre of potatoes.

Heat olive oil in a pan.

Add chopped bacon and sliced mushrooms and cook for 5 minutes.

Fill sweet potato halves with shredded cheese, mushroom and bacon mixture.

Drizzle sauce over potatoes.

Cover with grated cheese and parsley herb.

WINTER SMOOTHIE

recipe 6

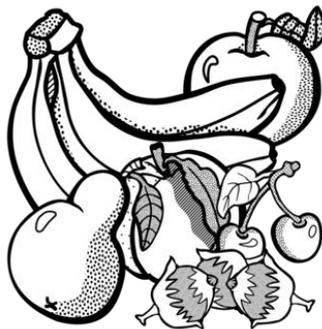


Ingredients

- 1 cup frozen strawberries
- 1/2 cup mango
- 1/2 cup pineapple
- 1/2 cup yogurt
- 1/2 cup orange juice
- 1/2 cup pineapple juice
- 2 tbsp grated coconut

Instructions

1. Combine all ingredients
2. Blend until smooth.
3. Garnish with additional fruit
4. Cover with grated coconut.



FRUIT SALAD WITH SWEET TORTILLAS

recipe 7



Ingredients

- 1 mango diced
- 1 cup diced strawberries
- 1 cup diced pineapple
- 1 cup diced grapes
- 2 tbsp lemon juice
- 1 tsp honey
- poppy seeds

Combine all ingredients in a small mixing bowl.

For tortilla crisps:

1. Brush tortillas with melted butter.
2. Combine cinnamon and sugar.
3. Sprinkle the mixture over melted butter.
4. Cut tortillas into triangles.
5. Bake at 350 degrees for 20 minutes.



TORTELLINI SALAD

recipe 8

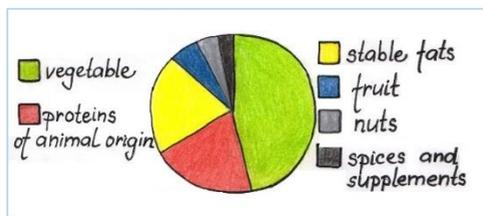


Ingredients

- cheese tortellini
- 1/2 cup sun dried tomatoes, chopped
- 1 red onion, chopped
- 1/2 cup pesto
- cup grated parmesan cheese

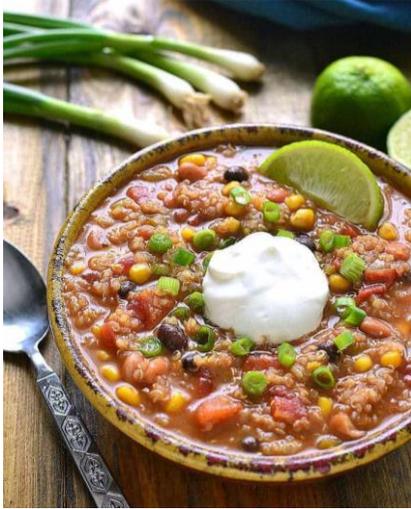
Instructions

1. Boil tortellini.
2. Rinse with warm water.
3. Combine all ingredients and mix well.
4. Serve warm.



QUINOA TACO SOUP

recipe 9



Ingredients

- 1 liter chicken broth
- diced tomatoes
- 1/2 can white beans
- 1/2 can black beans
- 1/2 can sweet corn
- 1 spring green onion chopped
- garlic minced
- 1 tbsp diced green chiles
- 1 package taco seasoning
- ½ cup uncooked quinoa

Instructions

1. Boil quinoa in the chicken broth for 20 minutes.
2. Put some olive oil on a frying pan.
3. Add minced garlic.
4. Then add the other vegetable ingredients and fry for a few minutes.
5. Put everything to quinoa and add Taco seasoning.
6. Reduce heat to simmer and cover.
7. Simmer for another 10 minutes.



CHICKEN IN THE OVEN WITH GREEN SALAD

recipe 10



Ingredients

Chicken breast

Salt, pepper, sunflower oil

Green lettuce

Cucumber

Green onion

Yellow tomato

Lemons

Instructions

1. Wash the chicken breasts.
2. Put them in the tray and season them with salt, pepper and oil.



3. Put the tray in the oven at 180 degrees Celsius, for 40-45 minutes.
4. Wash and clean the green lettuce, cucumber, tomatoes and onion.
5. Cut green lettuce in strips, cucumbers and green onion in rings and tomatoes in cubes.
6. Put it all in a bowl and mix
7. Add a drop of salt and a little Greek olive oil.
8. Serve the baked chicken with the salad.

POACHED SALMON

recipe 11



Ingredients

- 1 large box of coconut milk
- 1 small root of celery
- lemongrass
- 2 carrots
- 2 fresh baby broccoli
- 1 pomegranate
- 1 lime
- 1 radish

Instructions

1. Crash lemongrass, put it into coconut milk.
2. Add a bay leaf and salt. Boil.
3. In a different pot boil a celery and two carrots.
4. Make a carrot-celery puree, add salt and butter to the blender.



5. Cook the salmon in the coconut milk for 8 minutes.
6. Put the puree on the plate and the salmon over puree.
7. Put the salad on the top.
8. Decorate with pomegranate, radish and 2 dill leaves.

VEGETABLE SOUVLAKI

recipe 12



Ingredients:

3 tablespoons olive oil
100 g white mushrooms
2 zucchini
2 eggplants
Salt and pepper
rocket leaves, for serving
some cherry tomatoes

Instructions

1. Heat 1 tablespoon olive oil in a pan over medium heat.
2. Remove stems from mushrooms.
3. Add the mushrooms to the pan and sauté for 3-4 minutes until they soften.
4. Transfer to a bowl and season with salt and pepper.
5. Cut the zucchini and eggplants into rounds 2 cm thick.
6. Sauté the eggplants and zucchini for 1-2 minutes adding olive oil to the pan.
7. Transfer to the bowl, season with salt and pepper and mix.
8. Serve on top of rocket leaves with a few cherry tomatoes.

SAVOURY CHEESE MUFFINS

recipe 13

Ingredients

BUTTER AND CHEESE:

- 50g butter
- 2 garlic cloves crushed
- 200g grated cheddar cheese

DRY INGREDIENTS

- 300g plain flour
- 1 1/2 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp salt

WET INGREDIENTS

- 1 egg
- 1 cup milk
- 60 g sour cream
- 85 ml vegetable oil
- 1/4 cup finely chopped fresh parsley
- 1 garlic clove crushed

Instructions

- Preheat oven to 180C.
- Place butter and garlic in a microwave proof bowl and melt in 30 second bursts. Mix.
- Brush a 12-hole standard muffin tin generously with butter.
- Whisk Dry ingredients in a bowl.
- Whisk Wet ingredients in a separate bowl.
- Pour Wet into the Dry ingredients bowl. Mix 8 times.
- Add cheese, mix as few times as possible - no more than 7 big stirs (secret to soft muffins).
- Divide between 11 holes in muffin in (use an ice cream scooper). Bake for 22 - 25 minutes.
- Remove onto cooling rack and brush with remaining butter.



GREEK TZATZIKI

recipe 14



Ingredients

- 1/2 a large cucumber, unpeeled
- 1 1/2 cups plain full-fat Greek yogurt
- 2 large garlic cloves, finely minced
- 2 Tablespoons extra virgin olive oil
- 1 Tablespoon white vinegar
- 1/2 teaspoon salt
- 1 Tablespoon minced fresh dill

Instructions

1. Grate the cucumber.
2. Drain through a fine mesh sieve.
3. Put it into a bowl.
4. Combine the yogurt, garlic, oil, vinegar, and salt in a large bowl.
5. Cover both bowls and refrigerate overnight.
6. Transfer the grated cucumber and fresh dill to the yogurt mixture and stir to combine.
7. Serve chilled with pita bread for dipping.



Bon appetite!

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