

CookBook

Class 1,2



II GIMNAZJUM
Małopolskiego Centrum Edukacji



Breakfast



The recipe for: **Porridge with pear**



Ingredients:

- Milk or any milk plant - glass
- Oatmeal - 5 tablespoons
- Dried pears - 3 pieces (can be converted to dried dates or prunes)
- Sweet pear - Art
- Cinnamon bark - the art (or ½ teaspoon of cinnamon)
- Ginger - 2 pinches

The way of preparation:

Chop dried pears into small pieces and together with oat flakes, boil the milk with cinnamon bark and ginger (cook over low heat for approx. 5 minutes or until the expected density). Remove the bark after boiling porridge.

To cooked oatmeal add chopped pear.



The recipe for:
**Scrambled eggs with
spinach and feta**



Ingredients:

- 2 handfuls of spinach
- 2 eggs
- 100g feta cheese (cubes)
- 1 teaspoon oil

The way of preparation:

Heat the oil in a frying pan, toss the spinach and heat, stirring occasionally, until softened. Break in the eggs, season with salt and pepper (remember that feta is naturally slightly salty), stir. Add crumbled cheese cubes, stir again and ready.



The recipe for:
**Avocado roasted
with eggs**



Ingredients:

- 1 avocado
- 2 eggs
- 1 handful chives
- sea salt
- ground black pepper

The way of preparation:

Preheat oven to 200 °C. Slice the avocado in a half. Take out the pit. Scoop out some of the flesh (about 1 tablespoon) so you have a hole big enough for your egg. Place each avocado half in a baking dish. Slide the eggs carefully into the holes of each avocado half. Season each filled avocado with sea salt and ground black pepper. Gently place baking dish in the preheated oven. Bake in the preheated oven until eggs are cooked (for 15 to 20 minutes). Cooking time will depend on the size of your eggs and avocados. Remove from oven.



A smiling woman with dark hair, wearing a white tank top, is giving a thumbs-up gesture. She is standing behind a table covered with a white cloth. On the table, there is a variety of fresh food items, including a stack of sandwiches, a bowl of white dip, a bunch of green grapes, several red tomatoes, a bunch of green apples, and several oranges. The background is a bright, slightly blurred indoor setting with light-colored walls and a window with sheer curtains.

Dinner

The recipe for: **Tuna salad**



Ingredients:

- 1 tin of tuna
- 2 onions
- 1 tin of sweet corn
- 3 spoons of mayonnaise



The way of preparation:

Open the tin of tuna. Cut onions into small pieces. Mix tuna with onions. Add a tin of sweet corn. Mix all the ingredients with the mayonnaise.

Serve the tuna salad with a slice of wholemeal bread and small cherry tomatoes.



The recipe for:
**Healthy park chop
with rice and salad**



Ingredients:

- ½ kg of fresh park without a bone
- pepper, salt, thyme, oregano
- a cucumber
- a tomato
- onions (red and white)
- rice (in bags)
- olive oil

The way of preparation:

Preparing the salad: Slice the cucumber and put into a bowl. The tomato cut into quarters and add it to the cucumber. The onions cut into cubes and put it altogether. Add oregano, thyme, salt and pepper. Mix it and put aside.

Preparing the rice: Pour the water into the pot to cover the rice. Salt the water and boil it. After that put the rice to the pot and cook it for 15 minutes.

You need to rub the pork with oil olive, salt and thyme and put aside for a while. Warm the pan and add olive oli. After a while fry the posh. After 4 minutes turn it over and sprinkle with pepper. When the pork is ready put it on the plate. Next you take rice and form it into circle, add meat and the dish is ready!



The recipe for:

Fit sweet potato french fries with salad



Ingredients:

Fries:

- 2 large sweet potatoes
- 2 tablespoons oil
- salt, Herbes de Provence, Thyme

Salad:

- 1/2 head of Iceberg Lettuce
- 1 tomato
- 1 red onion
- 1 cucumber

The way of preparation:

Fries: Peel the sweet potatoes and cut into chips. Throw into a bowl, wrap with oil and seasoning. Spread sweet potatoes on a baking tray. Bake in temp. 220 degrees for about 20 minutes.

Salad: Slice all ingredients. Spread with dressing. Dressing: 2 tablespoons of olive oil, 1/4 teaspoon of salt, pepper and garlic, 1 tablespoon of lemon juice. Mix all the ingredients well. Spread over.



The recipe for: **Red lentil soup**



Ingredients:

- 250 grams of red lentils
- 5 fresh tomatoes (can be canned) or jar of tomato paste
- 3 tablespoons olive oil
- 2 carrots
- 2 onions
- 5 cloves of garlic
- 3 bay leaves
- salt and pepper to taste

The way of preparation:

Rinse the lentils thoroughly. Pour water and cook about 15 minutes. Peel the vegetables. Carrots cut into slices, diced onions and garlic rub with salt. If you use fresh tomatoes should be peeled off the skin (enough to pour boiling water over them) and cut. In a skillet heat the oil and fry the onions and carrots, add the bay leaves and minced garlic. Add the tomatoes. Add the cooked lentils, season and simmer for another 15 minutes. Sprinkle with grated Parmesan before serving.



Supper



The recipe for: **Pumpkin roasted with eggs**



Ingredients:

- 1 spaghetti squash
- 4 eggs
- ½ tomato
- ¼ pepper
- 1 handful parsley
- 2 tablespoons olive oil
- sea salt

The way of preparation:

Preheat oven to 200 °C. Cut the squash in half lengthwise from stem to tail. Scrape out the seeds and drizzle with olive oil. Place squash onto the prepared baking dish. Place into oven and roast until tender, about 40 minutes. Remove from oven and let rest until cool enough to handle. Crack two eggs into the center of each pumpkin. Add vegetables (eg. tomato, pepper). Continue baking in the preheated oven until eggs are cooked (for 15 to 20 minutes). Remove from oven. Sprinkle each pumpkin with parsley.



Dessert



The recipe for: **Natural coctail without sugar**

Ingredients:

- 1 pear
- 1 banana
- 200g of strawberries
- 1 kiwi
- low-grade natural yoghurt
- coconut shrimps



The way of preparation:

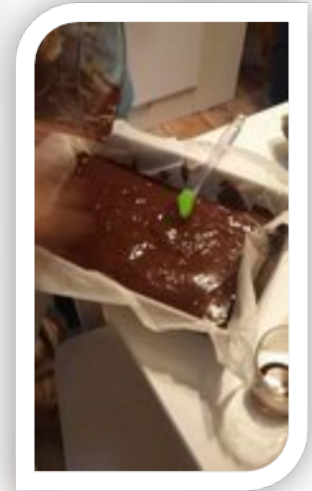
Cut into small pieces: a pear, a half of banana, 100g of strawberries and a kiwi. Then blend them. Next, pour the yoghurt. Mix it all till it's smooth. After blending you add the rest of the strawberries and a little of yogurt and blend again. When it's smooth, you can pour it to the glass. Decorate the cocktail with slices of banana. Sprinkle it with the coconut shrimps. Put the sipper and it's done!



The recipe for: **Banana brownie**

Ingredients:

- 1 cup mashed bananas (about 2 medium bananas)
- 2 large eggs
- 2 teaspoons vanilla extract
- 2 tablespoons coconut milk or coconut water
- 125 g chopped dark chocolate (or chocolate chips), without the addition of lactose
- 1 cup cocoa
- 1/4 cup honey
- 1/2 teaspoon baking soda



The way of preparation:

All ingredients should be at room temperature.

Melt the chocolate in a water bath or microwave. In a food processor or blender mix to a smooth puree bananas - should get 1 cup mashed banana. Add all remaining ingredients (except soda) and mix thoroughly to obtain a smooth paste. At the end pour baking soda and mix. Plate mold brownies with dimensions of 28x18 cm smear butter and baking parchment paper. Put it into the mass of brownies, align. Bake at 175 °C for about 25-30 minutes. On the stick inserted in the brownie cannot trace the dough, but may still be sticky chocolate. Do not bake too long, so as not to dry brownie.



The recipe for: **Rafaello**



Ingredients:

- 1 cup millet
- 3 cups coconut milk
- 1/2 cup water
- 3 tablespoons grated coconut
- a handful of desiccated coconut reeling balls
- 2-3 tablespoons agave syrup (the amount of syrup used depends on individual tastes)
- almonds, peeled
- 1/2 teaspoon salt

The way of preparation:

Boil the water. Into boiling water add the coconut milk, rinsed in a sieve millet, coconut, agave syrup. Add salt. Grits cook until creamy consistency. After cooling, groats, form balls, each insert roasted almond and coat with coconut chips. Cool down in the refrigerator.



Bon appetit!

Created by

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The End