



Green is Healthy
Calendar
2023



Recipe : Quiche with tin loaf



Ingredients

- 20 slices of crustless tin loaf bread
- 200 ml cream
- 1 egg
- 1 cup of chopped ham
- 2 cups of grated mozzarella
- parsley

How to prepare

1. Crush the bread with a rolling pin
2. Rub olive oil into the small moulds
3. Place all the ingredients in a bowl and mix very well
4. Pour the contents into the moulds by spoonfuls
5. Bake for 30 min at 180°C.

January

| Su | Mo | Tu | We | Th | Fr | Sa |
|-----------|-----------|-----------|-----------|-----------|-----------|-----------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 | | | | |



Recipe: Croutons



Ingredients

- Salt
- Parsley
- Garlic
- Oregano
- pieces of crust

How to prepare

1. Put all the seasonings together in a bowl
2. Put the crusts on a baking tray lined with baking paper
3. Put the mixture of ingredients in the tray with crusts
4. Bake in a preheated oven at 200 degrees for about 5 minutes until golden brown

February

| <i>Su</i> | <i>Mo</i> | <i>Tu</i> | <i>We</i> | <i>Th</i> | <i>Fr</i> | <i>Sa</i> |
|-----------|-----------|-----------|-----------|-----------|-----------|-----------|
| 29 | 30 | 31 | 1 | 2 | 3 | 4 |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 26 | 27 | 28 | 29 |
| 30 | 31 | | | | | |



Recipe: STALE BREAD PARMIGIANA

Ingredients

STALE BREAD
250 gr TOMATO PUREE
300 ml MOZZARELLA
200 gr EXTRA VIRGIN OLIVE OIL
2 tp GRATED PARMESAN CHEESE
40 gr GARLIC
1 clove
SALT Q.B.
BLACK PEPPER Q.B

How to prepare

The stale bread parmigiana is a really tasty dish based on slices of stale bread layered together with a narrow tomato sauce scented with garlic, enriched with diced mozzarella and baked in the oven. Serve it as a second course or as a main course for a quick and delicious dinner.



March

| <i>Su</i> | <i>Mo</i> | <i>Tu</i> | <i>We</i> | <i>Th</i> | <i>Fr</i> | <i>Sa</i> |
|-----------|-----------|-----------|-----------|-----------|-----------|-----------|
| 26 | 27 | 28 | 1 | 2 | 3 | 4 |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 | |



Recipe: MENEMEN

Ingredients :

- 2 green peppers
- 2 tomatoes
- an onion
- 2 eggs
- olive oil
- salt& pepper

How to prepare :

- 1.Heat olive oil in a pan. Saute chopped peppers in it for 2-3 minutes. Add in chopped tomatoes with all the juices. Season with salt and cook over medium low heat until tomatoes are tender, stirring occasionally. Now bring it to medium-low heat.
- 2.In a bowl, beat the eggs gently. And pour it all over the tomato mixture in the pan. Cook it uncovered stirring gently so that the eggs can spread everywhere.
- 3.It takes no longer than 3-5 minutes. Don't overcook.
- 4.Remove from the heat, garnish with red pepper flakes.
5. Serve immediately. (a Turkish appetiser for breakfast)



1 portion
250 gr = 177cal.

April

| Su | Mo | Tu | We | Th | Fr | Sa |
|-----------|-----------|-----------|-----------|-----------|-----------|-----------|
| 26 | 27 | 28 | 29 | 30 | 31 | 1 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 | | | | | | |



Recipe: Ntakos

Ingredients

a loaf of stale bread
2 chopped tomatoes
300gr Greek Feta cheese
20gr olive oil
dried (or fresh)oregano
salt

How to prepare

1. Cut the bread in slices and toast them
2. Place them in a big plate
3. Sprinkle some olive oil on them
4. Spread the tomatoes on them
5. Cut the feta cheese in small pieces and put it on
6. Sprinkle the rest of the olive oil on them as well as the oregano



May

| <i>Su</i> | <i>Mo</i> | <i>Tu</i> | <i>We</i> | <i>Th</i> | <i>Fr</i> | <i>Sa</i> |
|-----------|-----------|-----------|-----------|-----------|-----------|-----------|
| 30 | 1 | 2 | 3 | 4 | 5 | 6 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | 31 | | | |



Recipe: SARMA

Ingredients:

400 gram grape leaves; 225 gram rice; 1 spoon tomato paste; 1/2 cup olive oil; 2 teaspoon salt; 2 teaspoon ground black pepper; 1 teaspoon mint; some herbs,parsley; dill,basil; 1 lemon; 1 cup water

Preparation of filling ingredient

1.Heat the olive oil. Then , dice the onion and brown it in oil for 3 -4minutes.Add the tomato past and brown 2 more minutes. Next, add the rice and the spices , chopped green herbs ,mix them all .

Preparation of leaves ;

1. Firstly ,put the leaves in the boiling water in the pot and boil it for 5 minutes.Then ,take them out.
2. Spread the leaves on the kitchen bench,put a teaspoon of the filling ingredients into each leaf and make it into a thinline. Then , fold two edges of the leaf into it and roll it up tightly.Thirdly, put the stuffed grape leaves regularly in the pot . Then,slice the lemon and add on the stuffed grape leaves.
- 3.Put a plate on them for the leaves do not oppen.
- 4.Lastly , add a glass of water and a cup of olive oil and cook for about 40 minutes on low heat.



Servings for 4 people
Calories : 420 kcal

June

| <i>Su</i> | <i>Mo</i> | <i>Tu</i> | <i>We</i> | <i>Th</i> | <i>Fr</i> | <i>Sa</i> |
|-----------|-----------|-----------|-----------|-----------|-----------|-----------|
| 28 | 29 | 30 | 31 | 1 | 2 | 3 |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | | 28 | 29 | 30 | |



Recipe: Banana ice cream

Ingredients

- 2 frozen sliced bananas
- 2 tablespoons of yoghurt
- 2 teaspoons of honey
- 1 teaspoon of cinnamon
- dark chocolate in flakes

How to prepare

- Put 2 bananas in slices in the freezer for 2 hours
- Cut them in small pieces in a blender
- Mix the yoghurt with the honey and add it to the bananas
- Add some cinnamon
- Sprinkle some flaked chocolate in the mixture
- Mix them all together to make it smooth



July

| <i>Su</i> | <i>Mo</i> | <i>Tu</i> | <i>We</i> | <i>Th</i> | <i>Fr</i> | <i>Sa</i> |
|-----------|-----------|-----------|-----------|-----------|-----------|-----------|
| 25 | 26 | 27 | 28 | 29 | 30 | 1 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 | 31 | | | | | |



Recipe: Cauliflower pizza crust



Ingredients

- Cauliflower
- Egg
- Parmesan Cheese
- Spices
- Tomato Sauce
- Mozzarella Cheese
- Basil

How to prepare

Separate the cauliflower

Preheat the oven

Rice the cauliflower

Mix the Cauliflower rice with the egg and parmesan cheese

Put the dough in the oven for 20 minutes

Once the dough is baked, spread tomato sauce, mozzarella cheese and some leaves of basil.

August

| <i>Su</i> | <i>Mo</i> | <i>Tu</i> | <i>We</i> | <i>Th</i> | <i>Fr</i> | <i>Sa</i> |
|-----------|-----------|-----------|-----------|-----------|-----------|-----------|
| 30 | 31 | 1 | 2 | 3 | 4 | 5 |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | 31 | | |

Note:

NUTRITION

48 calories



Recipe: Pizza Bread

Ingredients

150g loaf of bread
120ml water
1 egg
200g grated cheese
100ml tomato sauce
black olives
basil
tomato.
sweetcorn
mushrooms
sliced courgettes

How to prepare

Roll out the bread and place it on a tray.

Pour on the tomato sauce and the remaining ingredients, finishing with a layer of grated cheese. Bake in the oven at 200° for 30 minutes.



September

| Su | Mo | Tu | We | Th | Fr | Sa |
|-----------|-----------|-----------|-----------|-----------|-----------|-----------|
| 27 | 28 | 29 | 30 | 31 | 1 | 2 |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |



Recipe: Roasted Piglet



Ingredients

- 1) Piglet
- 2) Butter/fat
- 3) Water
- 4) Salt
- 5) Pepper

How to prepare:

We preheat the oven to 190° while we spread the piglet with the spices, then we put it in the oven for 90 minutes face up and then another 90 minutes face down until we see that the skin is crispy.

NUTRITION

233kcal

A portion of suckling pig (250 gr) contains less calories than a roast lamb, and considerably less than a corn-fed Iberian ham

October

| <i>Su</i> | <i>Mo</i> | <i>Tu</i> | <i>We</i> | <i>Th</i> | <i>Fr</i> | <i>Sa</i> |
|-----------|-----------|-----------|-----------|-----------|-----------|-----------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 | | | | |



Recipe: The pasta omelette

Ingredients:

5 eggs
grated Parmesan cheese leftover
pasta kept in the fridge salt and
pepper
fresh parsley
garlic
extra virgin olive oil



How to prepare

Pour the eggs into a bowl, add the parmesan, salt and pepper, parsley and nutmeg. Beat with a whisk or fork to emulsify everything. Add the leftover pasta to the mixture and mix well. Heat a drizzle of oil in a large pan with a clove of garlic. When the garlic is well browned, remove it from the pot and pour your mixture of pasta and eggs. Cook over high heat for 1 minute to firm up the base, without the lid. Then lower the heat, cover with the lid and continue cooking for about 10-15 minutes. In the meantime you can set the table. Now it's time to turn the omelette: shake the pan to detach the omelette well from the bottom. Place a plate the diameter of your pan or a lid on top of the omelette. Turn the pan upside down while holding the plate. The omelette will have detached and placed on the plate. Put it back on the pan on the opposite side (the one still without the crust) and cook for another 5 minutes without a lid. Meanwhile, you can prepare an accompanying salad. Your omelette is ready! Serve it warm or cold in slices, with bread and a seasonal salad!



November

| <i>Su</i> | <i>Mo</i> | <i>Tu</i> | <i>We</i> | <i>Th</i> | <i>Fr</i> | <i>Sa</i> |
|-----------|-----------|-----------|-----------|-----------|-----------|-----------|
| 29 | 30 | 31 | 1 | 2 | 3 | 4 |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | | |

Recipe: Roscón de Reyes

Ingredients:

- Flour and Yeast
- Butter
- Sugar
- 2 eggs
- Water
- Milk
- Salt
- Crystallised fruit
- Sliced almonds
- You fill it with whatever you want!!!



How to prepare

At first, we put 350g of flour in a bowl. Then, we put sugar, yeast, water, milk and butter. We have to mix the ingredients and pour the eggs and a bit of salt to the mixture. Later we have to make a hole in the center and put it in the oven. Now we have to wait 15 or 20 minutes.

Finally we can fill it with cream, chocolate...

December

| <i>Mo</i> | <i>Tu</i> | <i>We</i> | <i>Th</i> | <i>Fr</i> | <i>Sa</i> |
|-----------|-----------|-----------|-----------|-----------|-----------|
| 27 | 28 | 29 | 30 | 1 | 2 |
| 4 | 5 | 6 | 7 | 8 | 9 |
| 11 | 12 | 13 | 14 | 15 | 16 |
| 18 | 19 | 20 | 21 | 22 | 23 |
| 25 | 26 | 27 | 28 | 29 | 30 |

This cake is a caloric dessert, but we share it because it is one of the most traditional Spanish dessert at Christmas.

It is estimated that it contains about 378 calories per 100 grams.