



GREEN IS HEALTHY

*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

<i>Su</i>	<i>Mo</i>	<i>Tu</i>	<i>We</i>	<i>Th</i>	<i>Fr</i>	<i>Sa</i>
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<b>29</b>	<b>30</b>	<b>31</b>				



## 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>
<b>29</b>	<b>30</b>	<b>31</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
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# 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>
<b>26</b>	<b>27</b>	<b>28</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
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## 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

<b>Su</b>	<b>Mo</b>	<b>Tu</b>	<b>We</b>	<b>Th</b>	<b>Fr</b>	<b>Sa</b>
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	<b>1</b>
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<b>30</b>						



# 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>
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<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
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## 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>
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	<b>1</b>	<b>2</b>	<b>3</b>
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# 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>
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## 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>
<b>30</b>	<b>31</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
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*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

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## 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

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## 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

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## 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>
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<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
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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.