



2021-2023

**KA210-SCH - Small-scale partnerships in school education
2021-1-LT01-KA210-SCH-000031353**

HEALTHY TRADITIONAL FOOD



ROMANIA



**CABBAGE ROLLS
WITH POLENTA**



KARNIYARIK



TURKEY



**DUMPLINGS WITH
COTTAGE CHEESE**



**BUTTERNUT
SQUASH AND PASTA**



LITHUANIA



ITALY



Erasmus+

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Funded by the
Erasmus+
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European Union



ROMANIA

HEALTHY TRADITIONAL FOOD



CABBAGE ROLLS WITH POLENTA

Are one of the most delicious
dishes that Romanian people
prepare for family gatherings
and especially for holidays.



ITALY

HEALTHY TRADITIONAL FOOD



BUTTERNUT SQUASH AND PASTA

This butternut squash pasta
is healthy, comforting and
delicious! Roasted squash,
sage, and thyme fill the
creamy sauce with cozy
autumn flavor.

<http://nomoprhe.eu/>



LITHUANIA

HEALTHY TRADITIONAL FOOD



DUMPLINGS WITH COTTAGE CHEESE

The small dumplings were made, mostly with cottage cheese filling and boiled in salted water, in which a tablespoon of butter is added.



TURKEY

HEALTHY TRADITIONAL FOOD



KARNIYARIK

Is an eggplant dish that is fried in oil and stuffed with a meat and vegetable filling.



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