



Erasmus+



Nothing is More Precious
Than Health

Erasmus+ KA210
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Healthy Traditional Food



Karnıyarık From Türkiye



Ingredients:

- 6 middle size eggplants
 - 3 tablespoons of oil
 - A big onion
 - 7-8 green peppers
 - 250 gram mince
 - 2 garlies
 - ½ pepper and tomato paste
 - A teaspoon of salt and black pepper
 - 2 tomatoes
 - A parsley
- For frying: a glass of oil

Recipe:

- Peel Them all.
- Add some oil to the pan
- Roast the ingredients order of onions, green peppers, minces, garlics, tomato paste and pepper paste.
- After roasting them add some salt, black pepper and tomatoes.
- After cooking some more, add the parsley and turn of the heat.
- Fry the eggplants and slice them into half
- Add them into resistant baking tray.
- Add the mixture you've made and put some green pepper and tomatoes on them.
- Cook them in a oven for 20-25 minutes.
- Enjoy your meal.

Butternut Squash Pasta from Italy



Ingredients:

- 1 kg of butternut squash or pumpkin, peeled and cut into small cubes
- 1 clove of garlic,
- crashed 8 teaspoon of olive oil
- Red hot chilli pepper
- 400 grams of pasta
- Salt and parsley

Recipe:

- Fry the garlics for them to be soft and add chilli pepper.
- Add the butternut squash, some salt and 2 cups of water. Cover with a lid and increase the heat to medium high. Cook it until the squash is fork tender.,
- Add the pasta and hot water into the mixture and cook them.
- Enjoy your meal.

Cabbage Rolls with Polenta or Aspic from Romania



Ingredients:

- For preparing the cabbage leaves: Cabbages, salt, thyme sprigs, dill sprigs, hot boiling water.
- Meat filling: Onions, Oil, Tomatoes, Paprika, Rice, pork, beef, fresh dill, salt, black pepper.

Recipe:

- Boil the cabbage leaves.
- Cook the onions and then add the tomato paste and paprika.
- Let it cool slightly then add the rice ground pork, beef, dill, salt and pepper. Stir them well
- Put the mixture you've made into the leaves and roll them.
- Put the leaves into a pan and add some tomatoes on them.
- Cover the pot and cook them for 1 hour.
- Enjoy your meal

Dumpling from Lithuania



Ingredients:

- For filling: Pork, A pinch of sugar, egg, pepper, onion.
- For dough: flour, water, egg, salt.

Recipe:

- Mix the ingredients for the dough, knead it well
- Prepare the meat. After making the dough, squeeze it and make a floppy disk
- Add a teaspoon of filling and squeeze it beautifully and tightly.
- Put your prepared dumplings in boiling water with salt and boil for 10 minutes.
- Enjoy your meal