

# VEGGIE



Revival of brodetto





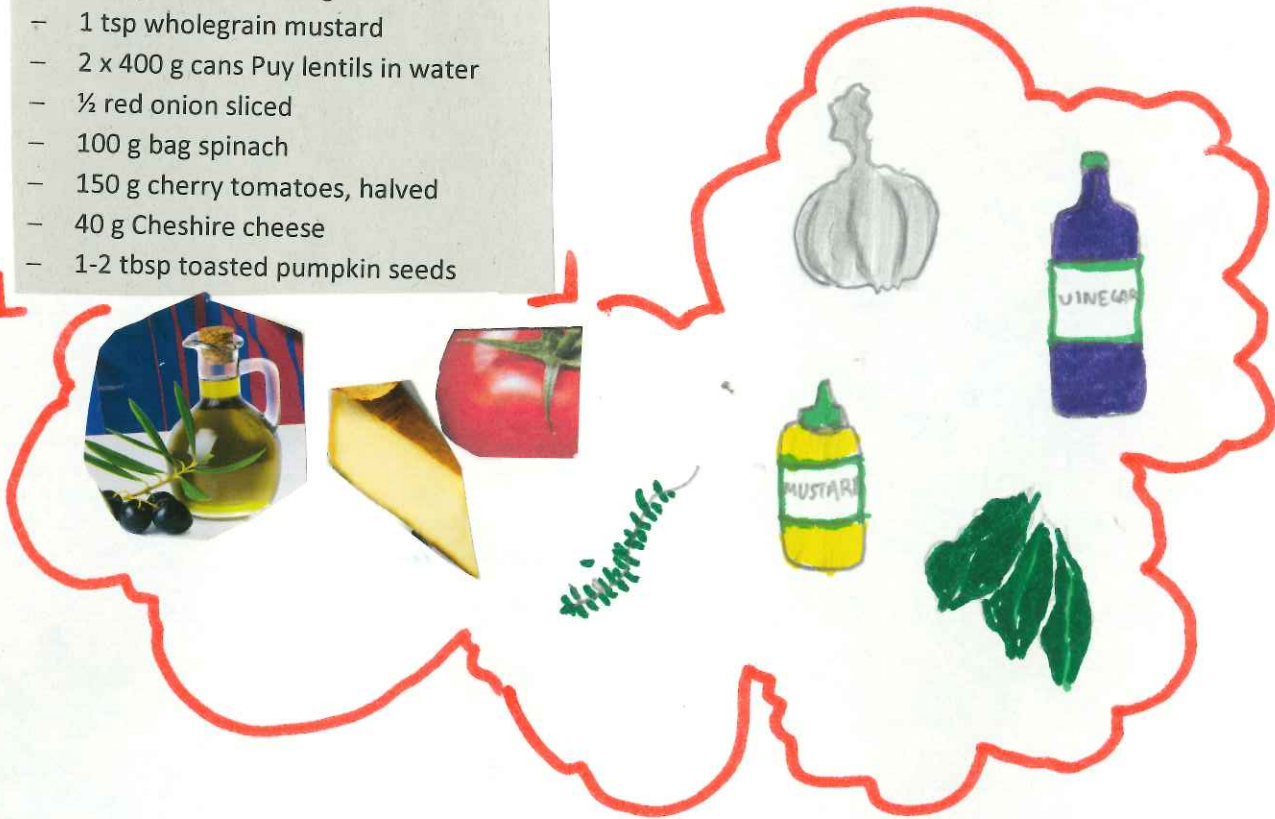
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# warm roasted squash and puy lentil salad

## INGREDIENTS

- 1kg butternut squash, chunkily diced
- 1½ tbsp olive oil
- 1 garlic clove, crushed
- 2 tsp thyme leaves
- 1 tbsp balsamic vinegar
- 1 tsp wholegrain mustard
- 2 x 400 g cans Puy lentils in water
- ½ red onion sliced
- 100 g bag spinach
- 150 g cherry tomatoes, halved
- 40 g Cheshire cheese
- 1-2 tbsp toasted pumpkin seeds



## METHOD

Heat oven to 200C/180C fan/gas 4. Toss the butternut squash with 1 tbsp olive oil, garlic clove, thyme leaves and seasoning. Roast for 25-30 mins or until tender.

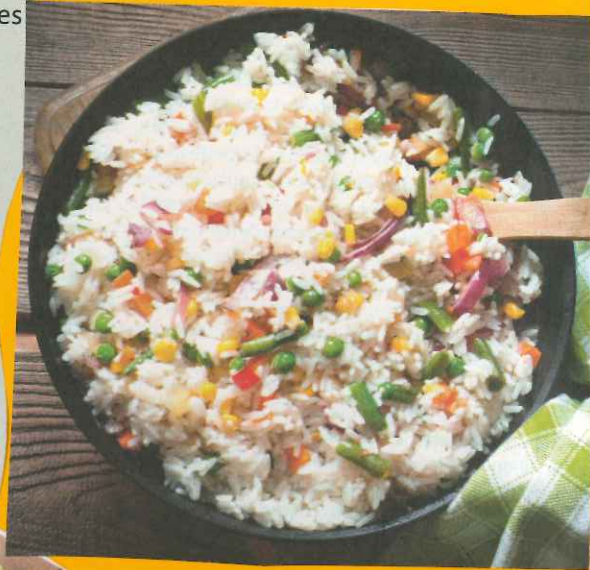
Mix together the balsamic vinegar, ½ tbsp olive oil, the wholegrain mustard and 1-2 tbsp water. Drain the Puy lentils in water and toss with the dressing, red onion, spinach and cherry tomatoes.

Divide the lentils between four plates. Top with the squash, then crumble over Cheshire cheese and pumpkin seeds.

# Vegan Fried Rice

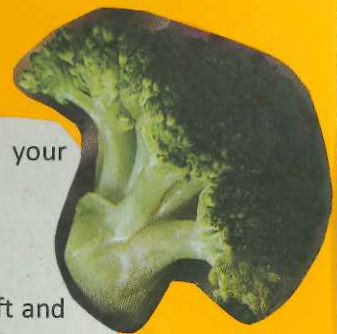
## Ingredients:

- 2 tbsp extra-virgin olive oil
- 1 red onion, finely chopped
- 1 red bell pepper, finely chopped
- 1 carrot, peeled and cut into thin quarter slices
- 250 gr. firm tofu, drained, washed and chopped into little cubes
- 2 garlic cloves, central germ removed and finely chopped
- 2 tsp ground turmeric
- 1 tsp sea salt (or to taste)
- 1/2 tsp ground cumin
- 1/2 tsp ground coriander
- 1/2 tsp paprika
- 1/2 tsp black pepper
- 1/4 tsp ground ginger
- 1/2 head of broccoli, chopped into small florets
- 1 cup | 150 gr. frozen peas
- 3 cups | 450 gr. basmati rice
- 1/3 cup | 45 gr. sunflower seeds
- lemon wedges
- fresh cilantro or parsley, finely chopped



## Step by step:

- Start by gathering, preparing and measuring all of the ingredients. This will improve your dynamic in the kitchen.
- Heat the olive oil in a large, wide pan over medium-high heat.
- Add the onion, bell pepper and carrot, and cook for 6 minutes or until the veggies are soft and the onion is translucent, but not brown.
- Add the tofu and garlic and cook for 6 minutes, stirring often, or until the tofu is lightly toasted and crispy.
- Add all of the spices and mix well to combine. Allow to cook the spices for 2 minutes.
- Add the broccoli and peas and cook for two minutes.
- Pour in the water, cover the pan and allow the veggies to steam for 3 minutes.
- Uncover, mix well and continue to cook until all of the water evaporates.
- Add the basmati rice, one cup at a time, and the sesame seeds and mix gently. Cook for a further 5 minutes in order to toast the rice.
- Serve immediately, drizzled with fresh lemon juice and sprinkled with chopped fresh herbs.



# FOUR

# CHEESE

# PASTA

## Ingredients:

500 g spaghetti  
1 vegetable bouillon cube  
1 tablespoon olive oil  
1 tablespoon butter  
3 cloves of garlic, finely chopped  
200 g heavy cream  
100 g blue cheese  
100 g parmesan cheese, grated  
150 g kasseri cheese, grated  
150 g pecorino cheese, grated  
pepper



BASIL →

ADD SOME OLIVES →

## Step by step:

- In a pot full of boiling water, boil the spaghetti, according to the directions on the package. Reserve 200 g of the pasta water and dilute the bouillon cube in it.
- In the meantime, heat the olive oil and butter in a pot, over medium heat.
- Sauté the garlic for 1-2 minutes, until golden.
- Add the water with the diluted bouillon cube and heavy cream. Bring mixture to a boil while whisking and then add the grated cheeses.
- Whisk until the cheeses have melted completely and your sauce thickens.
- Add the pasta and pepper. Toss to coat.
- Sprinkle with finely chopped parsley and serve.



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# DAKOS



## Ingredients:

- Feta cheese
- Tomato
- Oregano
- Baguette
- Olive oil

## Step by step:

- Cut the bread into thin slices
- Add oil and bake the slices (180°C)
- Then add feta cheese over every slice, tomato, oregano and a few drops of oil



# VEGGIE

# HASH

## Ingredients:

- 1 tbsp olive oil
- 2 dried bay leaves
- 1 onion
- 2 leeks (white parts only)
- 2 carrots
- 1/4 red cabbage
- 1/4 green cabbage
- 2 garlic cloves
- 4 cups | 175 gr. straw potatoes
- 3/4 cup | 100 gr. chickpea flour
- 3/4 cup | 185 ml. water
- 1/2 tsp freshly cracked black pepper
- 1 tsp turmeric
- 1 1/2 tsp sea salt
- 1 handful black olives
- chopped parsley, to taste



## Step by step:

Start by gathering, preparing and measuring all of the ingredients. This will improve your dynamic in the kitchen.

Start by combining the chickpea flour, black pepper, salt and turmeric in a small mixing bowl.

Add the water, little by little, and mix thoroughly with a fork to make sure there are no lumps of flour in the batter. Set aside.

Peel the onion, carrots and cloves and wash the leeks and cabbages.

Slice the garlic cloves lengthwise, remove and discard the center germs and mash the cloves with a garlic press.

Shred the carrots and slice the onion, leeks and cabbages as thinly as possible, preferably in a food processor.

Heat the olive oil in a wide non-stick pan on medium heat.

Add the bay leaves, the pressed garlic and all the shredded/sliced vegetables.

Sauté for 4-5 minutes or until the vegetables become tender.

Add the straw potatoes, one cup at a time.

Pour in the chickpea mixture and stir gently, only enough to make sure the vegetables are evenly coated with the batter.

Spread the mixture in the pan and allow to fry until it appears to have dried, stirring every minute (the hash will caramelize on the bottom, depending on how long you'll leave it alone for).

When it is done, scatter the black olives and the chopped parsley on top and serve immediately.



# SWEET POTATO AND TOMATO PASTA BAKE

## Ingredients (Serves 4):

- 4 servings of wholegrain gluten free pasta
- 4 small to medium sweet potatoes
- 8 plum tomatoes
- a dozen cherry tomatoes
- 1 jalapeño pepper
- 1 dessert spoon of tomato puree
- a handful of fresh basil
- olive oil
- chilli flakes
- cinnamon
- salt



## Step by step:

Start by pre-heating the oven to 190C. Next, chop the sweet potatoes into relatively thin slices, before placing them onto a baking tray. Drizzle them in olive oil, salt and 2 teaspoons of cinnamon. Cook for 20 minutes, until they become soft.

While the sweet potatoes cook, slice the plum tomatoes into small cubes. Place these in a frying pan and begin to heat them with olive oil and salt. As these start to simmer and disintegrate chop the jalapeño pepper into tiny cubes, adding them into the pan, as well as a sprinkling of chilli flakes. After about 10 minutes, add the cherry tomatoes, chopped into quarters and the tomato puree. Then tear the basil leaves into the pan.

Meanwhile, cook the pasta – don't let it go soggy as it will cook for a minute longer in the bake. Drain the pasta and add a few spoons of the tomato sauce and a little olive oil to it.

Once the sweet potatoes are soft and the pasta is cooked, remove the sweet potatoes from the oven and layer half of them on the bottom of a suitable baking dish. Then add a layer of the tomato sauce on the top, followed by a layer of pasta. Then another layer of sweet potatoes and a final layer of tomato sauce.

Bake in the oven for 5-10 minutes to let it all mix together.



# STRAPATSADA

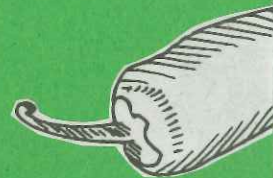
## INGREDIENTS:

- 8 eggs
- 4 tomatoes
- Feta cheese
- Olive oil
- Salt
- Pepper
- Cumin
- Garlic
- Oregano
- Sugar



## STEP BY STEP:

- Finely chop the tomatoes into cubes and then throw them in a hot pan
- Stir until the tomatoes are semi dry
- Throw olive oil and the spices inside the tomatoes and stir
- Two eggs and feta cheese inside the pan for every two tomatoes
- Stir for 2-3 minutes until our omelet gets a medium thick consistency and then is ready to serve



# Mixed mushroom stuffing

## Ingredients:

- 2 shallots
- 4 cloves of garlic
- 350 g mixed wild mushrooms
- 400 g closed cup or chestnut mushrooms
- ½ a bunch of fresh thyme
- 350 g stale bread
- 100 g pecans or hazelnuts
- 1 bunch of fresh flat-leaf parsley
- 25 g dried porcini
- 80 ml olive oil
- 2 fresh bay leaves



## Step by step:

Peel and finely chop the shallots and garlic, and roughly chop all the fresh mushrooms. Pick the thyme leaves and tear the stale bread into small chunks.

Lightly toast the nuts in a dry frying pan, then roughly chop. Pick and roughly chop the parsley.

Cover the porcini with 300ml of boiling water and leave aside to rehydrate.

Heat the oil in a large, wide pan and add the shallot and garlic. Cook over a medium heat, stirring occasionally, for 5 to 8 minutes or until the shallot is softened but not coloured.

Drain the soaked porcini over a bowl, reserving the liquid. Add these and the rest of the mushrooms to the pan along with the bay and thyme leaves and cook until all the mushrooms are well softened. If they release a lot of liquid, pour it onto the diced bread and carry on cooking.

When the mushrooms are tender and browned, tip the mixture into a large bowl and leave to cool completely.

Preheat the oven to 190°C/375°F/gas 5.

Once the cooked mushroom mixture has cooled, add the chunks of bread, a good pinch of sea salt and black pepper, the pecans or hazelnuts and about half of the porcini's reserved soaking liquid (make sure you pour it through a sieve first to stop any grit getting through). Combine well.

If the stuffing seems too dry, just add a little more of the reserved porcini liquid.

Add most of the parsley and stir it through then tip the stuffing into a lightly greased baking dish of approximately 20cm x 25cm and cover with foil.

Place in the oven and bake for 20 minutes, then remove the foil and cook for a further 5 minutes. Scatter over the rest of the chopped parsley before serving.



# VEGAN MAC 'N CHEESE

## Ingredients:

- 350 g dried macaroni
- sea salt
- freshly ground black pepper
- 1 onion
- 1 litre unsweetened organic soya milk
- 100 g dairy-free margarine
- 85 g plain flour
- 1 heaped teaspoon English mustard
- 1½ tablespoons nutritional yeast flakes
- 50 g vegan cheese, optional (available from specialist stores)
- 5 cloves of garlic
- ½ a bunch of fresh thyme
- olive oil
- 40 g fresh breadcrumbs



## Step by step:

Preheat the oven to 180°C/350°F/gas 4. Cook the macaroni according to the packet instructions in a large pan of salted boiling water.

Meanwhile, peel and halve the onion, then place in a small pan over a medium heat with the milk. Slowly bring to the boil, then remove from the heat. Pick out and discard the onion, then set aside. Melt the margarine in another pan over a medium heat, then add the flour, stirring continuously until it forms a paste – this is the roux. Gradually add the warm milk a little at a time, whisking continuously until smooth. Bring to the boil, then simmer for around 10 minutes, or until thickened. Stir in the mustard and nutritional yeast flakes, grate and stir in the vegan cheese (if using), then season to taste with salt and pepper.

Drain and add the macaroni to the sauce, then toss to coat. Transfer the mixture to an ovenproof baking dish (roughly 20cm x 30cm), then set aside.

Peel and finely slice the garlic, then pick the thyme leaves, discarding the stalks. Add to a medium pan over a medium heat with a splash of oil. Cook for 2 to 3 minutes, or until golden, then transfer to a food processor with the breadcrumbs and a splash of oil. Blitz until combined and roughly chopped, then sprinkle over the pasta. Place the dish in the hot oven for 20 to 25 minutes, or until golden and bubbling. Leave to stand for around 5 minutes, then serve with seasonal greens.

# THE BEST VEGAN burger

## Ingredients:

- 1 x 400 g tin of chickpeas
- 1 x 340 g tin of sweetcorn
- ½ a bunch of fresh coriander
- ½ teaspoon paprika
- ½ teaspoon ground coriander
- ½ teaspoon ground cumin
- 1 lemon
- 3 heaped tablespoons plain flour , plus extra for dusting
- rapeseed oil
- 1 small round lettuce
- 2 large ripe tomatoes
- tomato ketchup
- 4 wholemeal burger buns



## Step by step:

Drain the chickpeas and sweetcorn, then tip into a food processor. Pick the coriander leaves, adding half the leaves and all the stalks to the processor.

Add the spices, flour and a pinch of sea salt, finely grate in the lemon zest, then pulse until combined, but not smooth – you want to retain a bit of texture.

On a flour-dusted surface, divide and shape the mixture into 4 equal-sized patties, roughly 2cm thick. Place in the fridge for 30 minutes to firm up.

Heat a splash of oil in a large frying pan over a medium heat, add the patties and cook for 10 minutes, or until golden and cooked through, turning halfway.

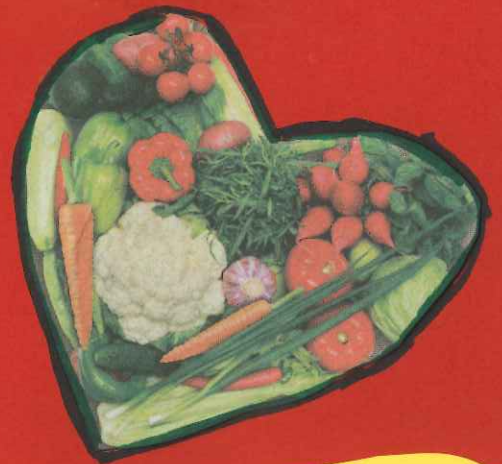
Meanwhile, chop off, wash and spin-dry four nice lettuce leaves, then finely slice the tomatoes horizontally.

Squeeze a large dollop of ketchup onto the base of each bun (toast them if you like), then top with the burgers. Layer over a couple of slices of tomato, a lettuce leaf, a few coriander leaves and finally the burger tops.

Delicious served with a fresh green salad.

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# Veggeie Wrap



## Ingredients:

- 1 medium ripe avocado, peeled and thinly sliced
- Wholegrain wrap
- 2 lettuce leaves
- 1 medium tomato, thinly sliced
- 2 tablespoons shredded Parmesan cheese
- Carrot, cucumber, corn

## Step by step:

- In a small bowl, mash a fourth of the avocado with a fork; spread over the wrap. Layer with lettuce, tomato, carrot, cucumber, corn and remaining avocado. Sprinkle with cheese. Roll up. Serve immediately.

# VEGETARIAN MEATBALLS

## Ingredients:

- 3 cups cauliflower florets (roughly 1 head of cauliflower)
- 3 cups cooked quinoa and/or brown rice (**see notes**)
- 3/4 cups of a "dry ingredient" like oat flour, almond meal, breadcrumbs, etc.
- 4 eggs
- 1 heaping tablespoon spices (chili powder, paprika, and/or cumin will work)
- 2 teaspoons salt
- enough olive oil to cover the bottom of a frying pan with a thin coating



## Step by step:



**Cauliflower:** Cook the cauliflower florets in a pot of boiling water for about 5 minutes, till fork-tender. Drain well.

**Mix:** Pulse the quinoa and cauliflower through a food processor until semi-smooth (see pictures for texture). Transfer mixture to a large mixing bowl and combine with all other ingredients. Stir until everything is incorporated. Roll into small balls (about one heaping tablespoon per ball was best for me).

**Cook:** Heat a thin layer of olive oil in a skillet over medium heat – add the balls and cook for a few minutes on each side – they will need to be gently turned every so often to get browned all the way around. Serve with yummy sauces, salads, bowls, or freeze for later!

## Notes:

I used Seeds of Change pre-cooked garlic brown rice and quinoa for this recipe (2 packets = about 3 cups). Since this has garlic flavor already in the mix, if you are using your own pre-cooked quinoa and/or brown rice, make sure to add some minced garlic or garlic powder.

If the mixture doesn't stick together in a ball when gently pressed, add about 1/3 of the mixture back into the food processor and pulse until it's more the consistency of hummus. That should help it hold together. If that still isn't enough, just add a little more of your "dry ingredient" till you get a consistency that you can gently roll between your hands to form ball shapes.

# Lentil Salad with Lemon

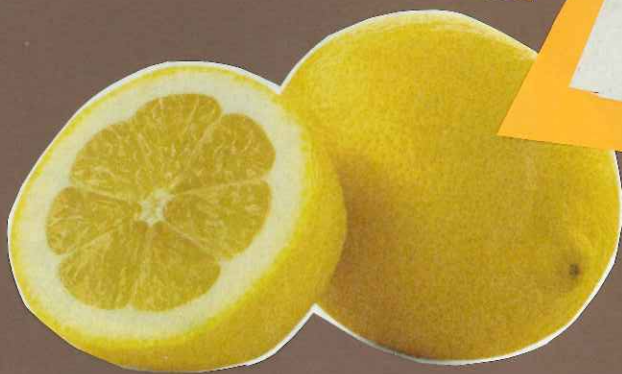
## & Rosemary Vinaigrette

### For the vinaigrette

- Juice of 2 lemons (about 1/4 cup)
- 1 tbsp fresh minced rosemary
- Fine sea salt
- 1/2 cup extra virgin olive oil

### For the lentils

- 3 cups coarsely chopped carrots
- 2 shallots, cut lengthwise into thin wedges
- 2 tbsp extra virgin olive oil
- Fine sea salt and freshly ground black pepper
- 1 1/2 cups small brown lentils, or French green Puy lentils
- 1 bay leaf
- 1 clove garlic, crushed flat but left whole



1. To make the vinaigrette, in a bowl, whisk together the lemon juice, rosemary, and 1 teaspoon salt. Slowly drizzle in the olive oil, whisking constantly until emulsified. Let stand at room temperature while you make the salad.

2. Preheat the oven to 425F. Add the carrots and shallots to a baking dish and drizzle with the olive oil, and toss to coat. Season with 1/2 teaspoon salt and a grinding of pepper. Spread out into a single layer.

3. Roast until browned in spots and tender but not mushy, about 20 minutes. Remove from the oven and tent loosely with aluminum foil to keep warm.

medium-low, cover, and cook at a gentle simmer until the lentils are almost tender, but still slightly undercooked, 12-15 minutes. Stir in 3/4 teaspoon salt, recover and cook until the lentils are tender but still hold their shape, about 10 minutes longer. Drain the lentils in a colander placed in the sink. Discard the bay leaf and the garlic.

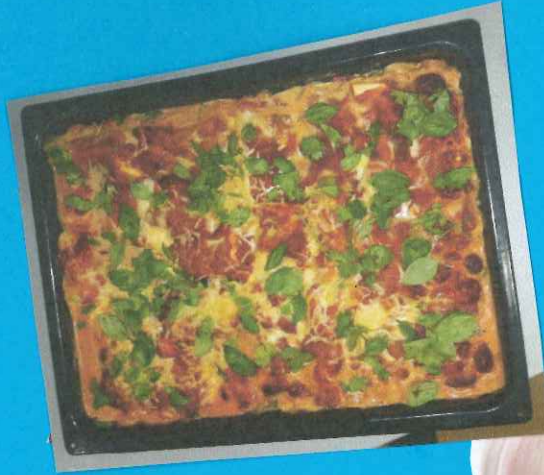
4. Meanwhile, in a saucepan, combine the lentils, bay leaf, garlic, and 4 cups of water and bring to a boil over a medium-high heat. Reduce the heat to

5. Transfer lentils to a large salad bowl and add the carrots and shallots. Pour the vinaigrette over the salad and toss gently to combine. Serve warm.





# Vegetarian Lasagne



## Ingredients:

- 250 g of green lasagne sheets
- 3 diced garlic cloves
- 1 eggplant diced in cubes
- 1 chopped onion
- 1 courgette diced in cubes
- 3 peeled tomatoes diced in cubes
- 2 large grated carrots
- 1 small red bell pepper diced in cubes
- 300 g chopped mushrooms
- 4 soup spoons of tomato pulp
- 125 ml of olive oil
- 700 ml of bechamel sauce
- 300 g of grated mozzarella cheese
- 1 tea spoon of oregano
- Salt
- Pepper

## Step by step:

- In a pot, stir and sauté for a bit the onions and garlic cloves with olive oil. Add the eggplant, tomatoes, bell pepper, courgette, mushrooms and the grated carrots. Season with salt and pepper.
- Stir and let it cook for about 10 minutes.
- After 10 minutes have passed, add the tomato pulp and oregano. Stir and add a soup laddle of bechamel sauce. Mix it all.
- Remove from heat when it reaches boiling point.
- Note: Cook lasagne sheets if they require previous cooking before going to the oven.
- In a tray, place alternate layers of vegetables, bechamel sauce, mozzarella cheese and lasagne sheets. When you run out of vegetables, finish the top of the lasagne with a thin layer of bechamel sauce sprinkled with mozzarella cheese on top of the last layer of lasagne sheets.
- Insert tray in the oven pre-heated at 160° for an hour.
- Note: In case the previously mentioned pasta required cooking before going to the oven, the lasagne will need less time in the oven, around 40min instead of a full hour.
- After getting its cheese au gratin, the lasagne is ready to serve.

# Slow Cooker

## Curried Butternut

## Squash Stew

### Ingredients:

- 1 can (400ml) light coconut milk
- 1 1/2 tbsp. vegetable bouillon base
- 1 tbsp. curry powder
- 1 tbsp. turmeric
- 1/2 tsp. cardamom
- 1/2 tsp. grated fresh ginger
- kosher salt
- 1 1/2 cup yellow split peas, rinsed
- 1 can (400ml) diced tomatoes
- 1 lb. butternut squash, peeled and cut into 2x2cm pieces (about 4 cups)
- medium onion, chopped
- 1/4 cup olive oil
- 1/2 cup lemon juice plus 1 teaspoon zest (from 1 lemon)
- large scallions, thinly sliced
- Rice and plain yogurt, for serving



### Step by step:

In bowl of a 6-quart slow cooker, whisk together coconut milk, vegetable bouillon base, curry powder, turmeric, cardamom, 1 tablespoon grated ginger, 4 cups water, and 1 teaspoon salt.

Add split peas, tomatoes (and their juices), butternut squash, and onion and mix to combine. Cook, covered, until most of the liquid has been absorbed and lentils are tender, 6 to 7 hours on low or 4 1/2 to 5 hours on high.

Make lemon-scallion drizzle: In a small bowl, whisk together olive oil, lemon juice and zest, scallions, remaining 2 tablespoon grated ginger, and 1/4 teaspoon salt.

Serve the stew with rice and a dollop of yogurt, if desired. Drizzle with lemon-scallion drizzle.

# Peanut Butter

## Protein muffins

### Ingredients:

- 2 large bananas
- 1 cup creamy peanut butter
- 2 eggs
- ¼ cup honey
- 2 cups protein powder
- 1 tbsps vanilla extract
- 1 teaspoon baking powder

### Instructions:

1. Put the eggs, bananas, peanut butter, honey, protein powder, vanilla extract and baking powder all together.
2. Mix together well or use a blender.
3. Preheat oven to 400 C
4. Use a muffin tray and put some butter on all the muffin holes. Fill each muffin hole half way through with the mixture
5. Cook in the oven for 10 mins



6.



# Banana, Mango and Blueberries Ice-cream

for ice-cream:

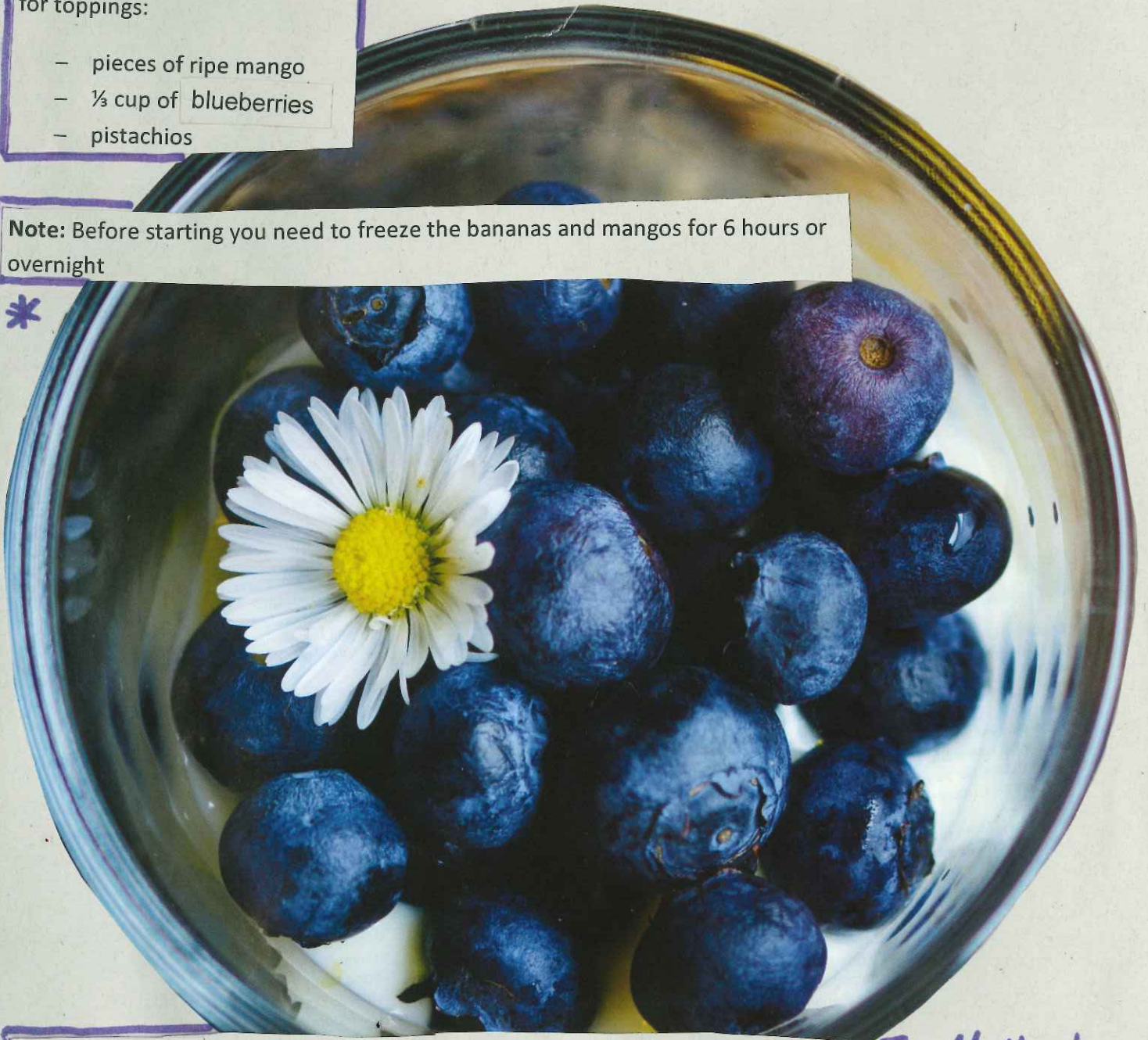
- 2 ripe frozen bananas
- ½ to 1 ripe frozen mango

for toppings:

- pieces of ripe mango
- ⅓ cup of blueberries
- pistachios

## Ingredients

**Note:** Before starting you need to freeze the bananas and mangos for 6 hours or overnight



-Blend blueberries and set aside

-In a blender add the frozen bananas and mangos. Blend the frozen fruit until it becomes creamy paste. Scrape down the blender.

-Continue blending until creamy and soft, like ice-cream texture

-Transfer to an ice-cream bowl and make one layer of ice-cream, one layer of mango pieces and another layer of ice-cream.

-Add toppings: smashed blueberries and small pieces of pistachios.

## Method

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# CHOCOLATE

## ICE-CREAM



### Ingredients:

- 2 ripe bananas
- 2 tablespoons of coconut milk
- 2 tablespoons of water
- 2 medjool dates
- 1 heaped teaspoon of raw cacao powder

## STEP BY STEP

1. Simply remove the stones from the dates and peel the bananas.

2. Place the ingredients into a blender and blend for a minute until smooth.

3. Pour into an mould and freeze.



BANANA

OATMEAL

PROTEIN

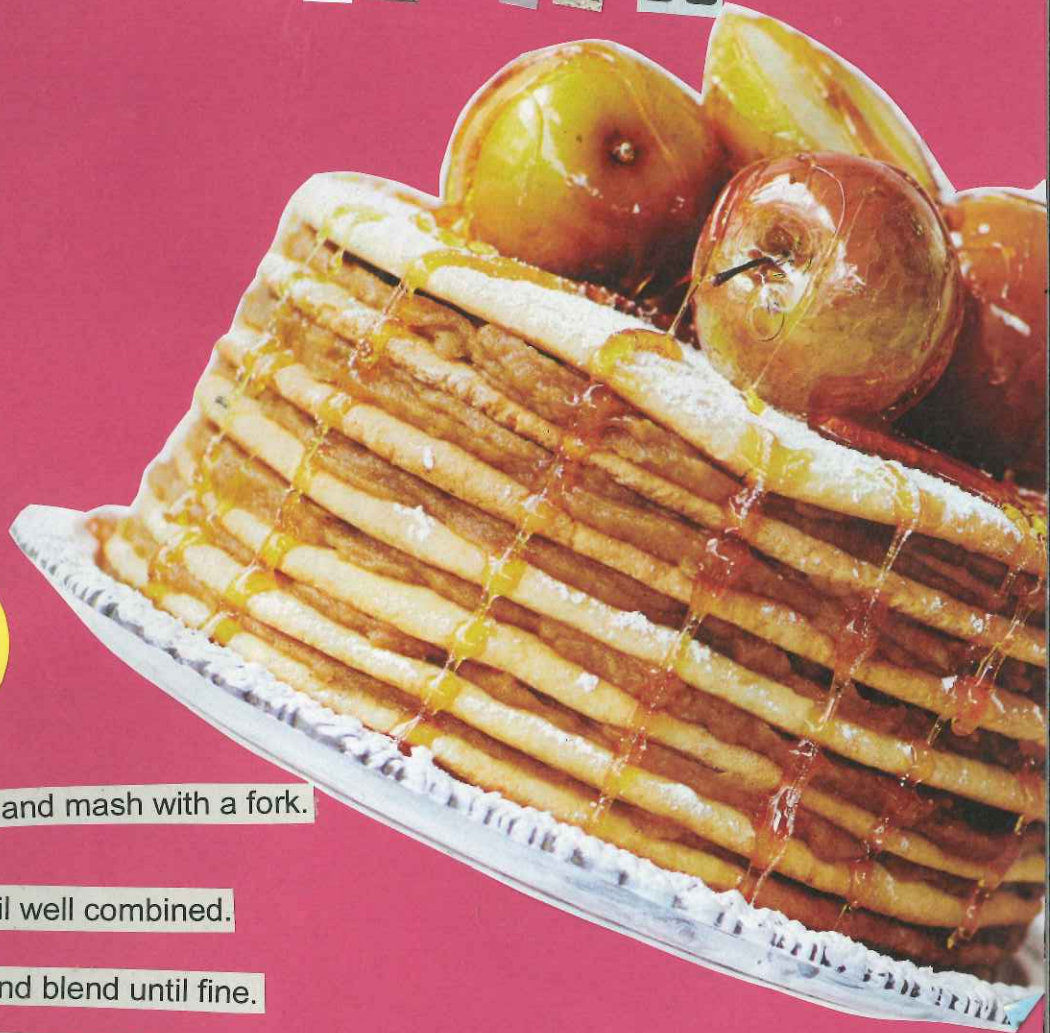
PANCAKES

## Ingredients:

- 1 medium ripe banana
- 2 large eggs
- $\frac{1}{3}$  cup oats
- $\frac{1}{4}$  tsp cinnamon

## Step by step:

- 1 Put the banana in a bowl and mash with a fork.
- 2 Add the eggs and mix until well combined.
- 3 Put the oats in a blender and blend until fine.
- 4 Add the blended oats and cinnamon to the banana mix, and stir well.
- 5 Heat a skillet over a medium heat with a dash of vegetable oil.
- 6 Pour  $\frac{1}{4}$  cup of the mixture into the skillet, cook on one side for about 1.5 minutes, then turn and cook on the other side for about 1 minute (or until golden brown on both sides).
- 7 Serve (with or without maple syrup).



# Strawberry ice-cream



## Ingredients:

- 1 ripe banana
- 1 cup of strawberries
- 2 tablespoons of coconut milk
- 2 tablespoons of water
- 2 medjool dates



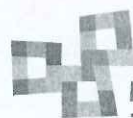
## Step by step:

- Simply remove the stones from the dates and peel the bananas.
- Place the ingredients into a blender and blend for a minute until smooth.
- Pour into an mould and freeze.

# VEGGIE

## Mind Your Body

In everyday life we do not have a lot of time to cook healthy meals. As an excuse we take the easy way out and go get unhealthy food. For you, the participants of the "Mind your body" exchange have made recipes, for which you will not spend a lot of time making them.



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