



# MONTHLY DELIGHTS

BY ALEXANDRA BÉRES



# DISCOVER THE BENEFITS OF FRUIT AND VEGETABLES IN TWELVE MEALS.

A simple change in the way you cook could do wonders for your health. We invite you to try out 12 new healthy meals to explore with your family the abundance of taste and fun fruit and vegetables can bring to your table. Enjoy eating healthy meals by Alexandra Béres.

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Photo: Rita Pongrácz

## Fruit, vegetables and treasures of nature

I think that in our country, most of people know that health is a value, but sometimes it is hard to find the way for healthy life.

It is hard to give up bad habits, it is difficult to make our lives active and energetic.

As a mother, I see that family is the most determining environment. Our habits, our taste, our way of living are formed during childhood, and continued during our whole life.

The role of parents, grandparents and family is very important to help to find the right way of living, in every aspect of life.

Let's take some time to prepare our food using fresh ingredients and use the possibilities given by nature, like vegetables, fruit, meat, fish and seeds. Fruit and vegetables don't raise body fat and cholesterol level of blood. They are full of valuable vitamins, minerals and dietary fibre.

These necessary things help to prevent some illnesses, they reduce risk of cancer and heart and vascular system disease and slow aging.

Our health and the love of our family are the most important things in life!

Beverly Meranda

# JANUARY

## MONTHLY DELIGHTS

### POTATO



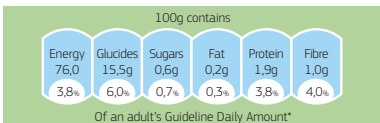
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### ORANGE



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#### POTATO



*Potatoes come in many shapes and colours, but they are always a natural source of vitamin B6, C as well as potassium and they contain almost no fat. However the vitamin content depends on cooking method: the cooking of unpeeled tubers is better.*

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#### ORANGE



*Oranges are the apples of the south. They are as versatile. Like apples, they can stay fresh for quite a long time. They are a good source of vitamin C.*

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\*Nutritional information based on European Food Safety Authority data*

# RECIPES

## APPETISER



### SPICY CHEESE CUBES WITH OLIVE AND ORANGE

#### INGREDIENTS

20 grams of Trappist cheese, 10 grams of feta cheese, 20 grams of mozzarella cheese, 30 grams of orange, some olive oil, fresh basil, oregano

#### DIRECTIONS

- Chop the cheeses and the orange sections into cubes of equal size. Pour a small quantity of olive oil, with the fresh basil and oregano mixed into it, on the cubes.

## MAIN COURSE



### TURKEY BREAST WITH PRUNE STUFFING AND MASHED POTATOES

#### INGREDIENTS

2 slices of turkey breast fillet, 250 grams of potatoes, 75 ml of sour cream (light) - you can consider replacing this ingredient with yogurt and try your own variation of this recipe, 25 ml of yoghurt, 1/4 tablespoon of butter, 40 grams of Trappist cheese, 4 pieces of prunes per slice of turkey, black pepper, thyme, season to taste

#### DIRECTIONS

- Mix the olive oil with the spices, then marinate the turkey breast fillets in this spicy olive oil (try to marinate them the night before, so they can soak for several hours). Let the olive oil drip from the fillets before preparation. Insert the pieces of prune along the centre of the turkey fillet. Wrap the turkey breast slices well and fix them with a poultry skewer. Place the stuffed turkey breasts into a fireproof vessel. Pour a little seasoned olive oil on them. Mix the sour cream with grated cheese and pour on top of the meat. Place it into the oven pre-heated to 180 degrees, leave for approx. 1 hour.
- In the meantime prepare the mashed potatoes. Peel the potatoes, cut them into cubes and cook until soft. Drain off the water, add the butter and the yoghurt, season to taste. Stir it well until smooth. Serve as a side dish to the meat.

## DESSERT



### COTTAGE CHEESE AND ORANGE

#### INGREDIENTS

*For the dough:* 50 grams of oat flour, quarter of a bag of baking powder, half a tablespoon of fruit sugar, quarter of an egg yolk, half of an egg white, 100 ml of milk, half a tablespoon of oil, half a tablespoon of oat bran

*For the cream:* 50 grams of cottage cheese, half a tablespoon of milk, 2 tablespoons of apricot jam, 100 grams of orange

#### DIRECTIONS

- Crack open the eggs and separate the white from the yolk. Put the yolk into a bowl and mix it with the fruit sugar. Pour the milk into it, and stir. Then add the oat flour and the baking powder, and stir until smooth and creamy. Whisk the egg white and stir with the dough slowly and carefully.
- Heat the oven to 200°C. Oil a small bowl and sprinkle with oat bran; then pour the dough into it, and bake for 45 minutes.
- For the cream, stir the cottage cheese, the milk and the jam in a bowl. Once the mix is smooth and creamy, add the small pieces of orange. Important: the cream should only be spread on the dough once the latter has cooled.

# FEBRUARY

## MONTHLY DELIGHTS

### ICEBERG LETTUCE



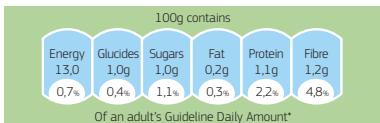
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### BANANA



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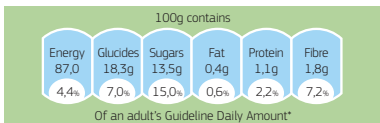
#### ICEBERG LETTUCE



*Iceberg lettuce is one of the vegetables with fewer calories. Iceberg salad remains crispy, even after you have added your salad dressing. 100 grams of lettuce provide 20% of the daily dose of provitamin A. It is also a rich source of vitamin K and vitamin C and is a source of vitamins B5 and B6.*

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#### BANANA



*Banana is nature's own power bar. Its sweet taste comes from different sugars that give you instant energy and it also a natural source of potassium. Potassium plays a role in your heart's health, e.g. maintaining blood pressure or preventing cramps. Banana provides also vitamin B6.*

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\*Nutritional information based on European Food Safety Authority data

# RECIPES

## APPETISER



### MOZZARELLA ON ICEBERG LETTUCE WITH TOMATO

#### INGREDIENTS

50 grams of mozzarella cheese, 150 grams of tomato, 100 grams of iceberg lettuce, 1 tablespoon of olive oil, fresh basil, season to taste

#### DIRECTIONS

• Chop the lettuce leaves and put the cut-up tomatoes onto them, then place the mozzarella squares on top. Season to taste. Chop the basil into small pieces, add to the extra virgin olive oil, and sprinkle the oil onto the tomatoes and mozzarella.

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## MAIN COURSE



### TURKEY BITES WITH BANANA

#### INGREDIENTS

*For the turkey:* 75 grams of minced turkey meat, half an egg, one and a half tablespoons of bread crumbs, half a teaspoon of curry, quarter of a teaspoon of fresh ginger, half a garlic clove, quarter of a teaspoon of soy sauce (optional), green pepper, season to taste

*For the coconut coating:* half an egg, whisked, 30 grams of grated coconut, oil for roasting

*For decoration:* 1 banana, chives, 80 grams of iceberg lettuce

#### DIRECTIONS

• Form walnut-sized balls of the ingredients of the turkey bites. Roll the balls first in the egg and then the grated coconut; then roast them brown.

• Decorate each with a 2 cm thick banana slice, and tie the banana to the ball by a chive thread. Serve with fresh torn lettuce leaves.

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## DESSERT



### BANANA TIRAMISU

#### INGREDIENTS

100 grams of low-fat cottage cheese, 80 grams of mascarpone, 10 grams of honey, 2 tablespoons of espresso coffee, 4 sponge-cake fingers, 2 bananas, sliced, half a tablespoon of cocoa powder

#### DIRECTIONS

• Mix the cottage cheese, the mascarpone and half of the honey in a bowl. Add the rest of the honey to the coffee, and keep it in a cool place.

• Dip the sponge-cake fingers into the coffee mix. Place a row of cake fingers in a deep bowl, and pour a layer of cream onto them. Put banana slices on top of the cream layer. Repeat, so that the uppermost layer consists of cream; then sprinkle with cocoa powder.

• Place the dessert into the refrigerator for a few hours (or for an entire night, if possible).



# MARCH

## MONTHLY DELIGHTS

### SPRING ONION



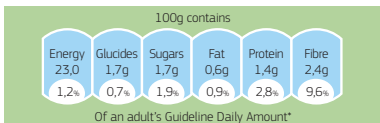
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### APPLE



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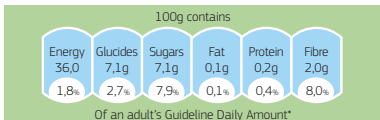
#### SPRING ONION



*Onions are the basic ingredient of so many dishes that it's hard to think of a meal without them. Onions are rich in taste.*

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#### APPLE



*Apple is the fruit of fruits. It has been present on our tables for more than three thousand years with good reason. Apples are a natural source of C and B3 vitamin as they are tasty. Even though they are quite sweet they are not rich in calories (less than 40 per 100 grams on average).*

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# RECIPES

## APPETISER



8 mins



### HAM-COATED GRILLED APPLES

#### INGREDIENTS

60 grams of sliced turkey ham, 100 grams of apple, 10 ml of lemon juice, cinnamon, clove seeds

#### DIRECTIONS

- Wash the apples and cut out the core, keeping the body of the apple intact. Slice the apple into rings (1 cm thick, with a hole in the middle). Immediately sprinkle with lemon juice to prevent the apple from turning brown. Put the slices into a pan and sprinkle some ground cinnamon on them.
- Place a few clove seeds next to them, and roast for a few minutes in a hot oven. Do not roast for too long because the apple slices may liquefy. Once cooled, wrap the apple slices into the ham.

## MAIN COURSE



45 mins



### CHICKEN LAYERED WITH EWE CHEESE AND SPRING ONION

#### INGREDIENTS

50 grams of ewe cheese, 3 mid-sized pieces of spring onion, 40 grams of oatmeal (alternative: rice), 100 ml of milk, 50 grams of yoghurt, 80 grams of chicken legs, cheese (optional), spices

#### DIRECTIONS

- Slowly cook the oatmeal in boiling milk. Flatten the chicken leg fillet with a mallet, add spices as desired, and roast to both side for 2-3 minutes in a medium-hot oven. Spread a layer of cooked oatmeal in a pan, spread the ewe cheese on the oatmeal, and put the sliced spring onion on it. Then place the chicken fillet on it, and add another layer of oatmeal. Cover it with yoghurt, and sprinkle with cheese if desired.
- Roast in an oven for 30 minutes at 175°C.

## DESSERT



15 mins



### BAKED APPLE PANCAKES

#### INGREDIENTS

1 apple, 100 grams of whole grain flour, 50 grams of oatmeal (alternative: whole grain flour), 2 tablespoons of honey, 125 ml of milk, 1 egg, 1 tablespoon of sunflower oil, season to taste

#### DIRECTIONS

- Mix the flour, the oatmeal, the egg and the milk to make pancake dough. Add honey as desired. Remove the core and grind the apple, and mix it with the honey. Oil a pan or place baking paper into it, and spread the dough in it. Heat the oven to 180 degrees Celsius, and bake for 15-20 minutes.

# APRIL

## MONTHLY DELIGHTS

### RADISH

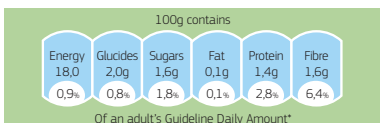


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### KIWI

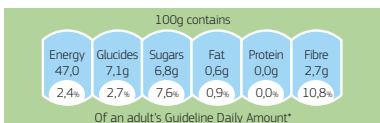


#### RADISH



*Radish brings the taste of summer to the table. It is really low in calories and has a fresh taste.*

#### KIWI



*It took the kiwifruit a large part of the last century to reach Europe from New Zealand (and from China before that). But it was worth waiting for: kiwi is high on vitamin C, 100 grams of kiwi provide a half of your daily need in vitamin C. Kiwis are a natural source of vitamin K (that is good for your bones). They also contain potassium (potassium is important for the health of your heart).*

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# RECIPES

## APPETISER



### TUNA SALAD IN KEFIR DRESSING

#### INGREDIENTS

100 grams of iceberg lettuce, 80 grams of kefir, 60 grams of apple, 50 grams of tuna fillets, 35 grams of radish, 40 grams of cucumber slices, 25 grams of lemon, pepper, parsley

#### DIRECTIONS

• Drain the oil or the water from the tuna, and sprinkle with lemon and pepper. Clean and chop the salad ingredients (apple, radish and cucumber) and pile them on the lettuce leaves. Add the tuna pieces and stir gently. Pour some kefir with parsley on it and serve.

## MAIN COURSE



### CHICKEN BREAST WITH APPLES

#### INGREDIENTS

1 mid-sized apple, 120 grams of chicken breast, pepper, cinnamon, some olive oil (or sunflower oil), 1 kiwi

#### DIRECTIONS

• Slice up the chicken breast, and season to taste. Peel and slice up the apple. Heat some oil in a pan and roast the chicken breast. Once both sides of the meat are roasted, add the apple slices, stew under a cover. Take off the cover and let the excess liquid evaporate.  
• Once the meal is almost ready, sprinkle cinnamon on it as desired. Serve with salad or rice. Finally, decorate the meal with the sliced kiwi.

## DESSERT



### OAT-FLAKES WITH APPLE AND KIWI

#### INGREDIENTS

150 ml of milk, 30 grams of kiwi, 30 grams of apple, 40 grams of oat-flakes, 1 tablespoon of honey

#### DIRECTIONS

• Boil the milk with honey, then add the oat-flakes. Boil it, slowly stirring until the mix is smooth and semi-thin. Slice the apple into cubes and simmer them in a separate pan, slice the kiwi into small pieces. Place the fruit on top of the meal when serving.

# MAY

## MONTHLY DELIGHTS

### ZUCCHINI



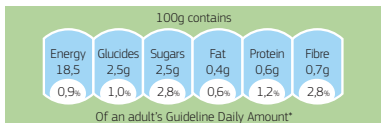
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### STRAWBERRY



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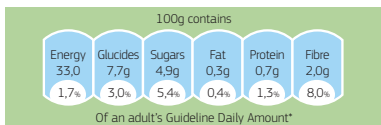
#### ZUCCHINI



*Zucchini are succulent. They can be used as binding in soups, offering a very low-calorie alternative to cream, flour or starch. They contain potassium. They are a natural source of vitamin C and beta-carotene (provitamin A).*

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#### STRAWBERRY



*Strawberries are among Hungary's most important seasonal fruit. They are popular because of their excellent taste and high vitamin C content. Strawberries have more vitamin C than citrus fruit. Strawberries contain dietary fibre, while their amount of calories is low.*

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# RECIPES

## APPETISER



### ZUCCHINI SALAD WITH DILL DRESSING

#### INGREDIENTS

250 grams of zucchini, 80 grams of yoghurt, some olive oil (or sunflower oil), dill, garlic

#### DIRECTIONS

- Cut the zucchini into thin slices and simmer them in a pan on a thin layer of olive oil until they are semi-soft. Cool the slices and add them to the yoghurt mixed with the finely chopped dill and ground garlic.

## MAIN COURSE



### ZUCCHINI RATATOUILLE WITH HOT DOG SAUSAGES

#### INGREDIENTS

80 grams of zucchini, 150 grams of green pepper, 100 grams of tomato, 30 grams of onion, 4 grams of garlic, 2 poultry sausages, pepper ground paprika

#### DIRECTIONS

- Cut the onion, the green pepper and the zucchini into thin slices, season to taste, and start slowly simmering them in the oven. Throw the tomatoes into hot water, peel them, slice them into cubes, and add to the paprika and zucchini.
- Sprinkle some ground paprika and boil. Once the meal is almost done, add the hot dog sausages (either whole or sliced up).

## DESSERT



### COTTAGE CHEESE CAKE WITH STRAWBERRIES

#### INGREDIENTS

*Dough:* 1.5 cups of ground sugar-free biscuits, 100 grams of butter

*Flavouring:* 2 cups of strawberries, 4 tablespoons of strawberry jam (low-sugar), 2 teaspoons of honey

*Filling:* 5 cups of low-fat cottage cheese, 2 cups of unseasoned creamy cheese, 1 cup of sour cream, 12% fat - you can consider replacing this ingredient with yogurt and try your own variation of this recipe, juice from 2 lemons, 1 vanilla stick, 4 eggs, season to taste

*Side:* fresh strawberries

#### DIRECTIONS

- Mix the ground biscuits with the molten butter and spread on the bottom of a baking tin. Set the oven temperature to 200 degrees Celsius, and put a bowl of water at the bottom so that steam is generated when baking. Use a blender to mix the strawberries, the cottage cheese, the creamy cheese, the sour cream, the lemon juice, the scooped-out inside of the vanilla stick, the eggs, and the honey. Pour the smooth mix onto the biscuits in the baking tin. Carefully spread the strawberry jam on the top, and put the cake into the oven.
- Bake at 200 degrees Celsius for 10 minutes, at 150 degrees for another 45 minutes. Turn off the oven but leave the cake inside for one hour. Once it's cooled, keep it refrigerated for one day. Then serve with fresh strawberries.

# JUNE

## MONTHLY DELIGHTS

### GREEN PEA



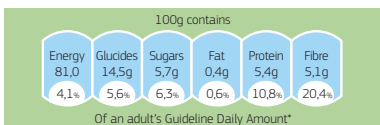
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### SOUR CHERRY



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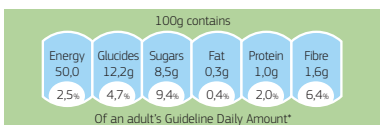
#### GREEN PEA



*It is popular and available all year long, both in raw, deep-frozen and canned form. It is consumed as soup or vegetable dish. It is a valuable potassium, phosphorus and dietary fibre source. It contains vitamin B1, B2, niacin and vitamin K.*

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#### SOUR CHERRY



*Sour cherries are June's treasure, so shiny, bright and tender.*

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# RECIPES

## APPETISER



### PEA STEW WITH YOGHURT AND FRESH MINT

#### INGREDIENTS

300 grams of fresh peas, 50 ml of milk, 30 grams of butter, parsley leaves, fresh mint

#### DIRECTIONS

• The stew tastes best if you use fresh peas. Melt the butter and simmer the peas in it. Add spices and parsley as desired, and boil in some milk until the peas are soft. Then put half of the peas aside, add the yoghurt to the remaining half left in the pot, and mix with a blender. Heat the mix up just for a moment, and add the soft boiled peas and some mint.

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## MAIN COURSE



### CHICKEN LIVER RISOTTO WITH BROWN RICE

#### INGREDIENTS

120 grams of chicken liver, 50 grams of brown rice, 40 grams of peas, 20 grams of Trappist cheese, 15 grams of onion, 15 grams of champignons, 7 ml of oil, spice mix, black pepper, parsley

#### DIRECTIONS

• Pour the brown rice into boiling water, and boil slowly and thoroughly like dough. Meanwhile, clean the chicken liver and chop it into small pieces; fry it together with the finely chopped onions, and add spices. Then mix with the soft-stewed peas and the fried mushroom slices.

• Once everything is done, mix all ingredients and add finely chopped parsley. Sprinkle grated cheese on the meal, put it in the oven, and bake until the top is golden brown.

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## DESSERT



### SOUR CHERRY MUFFIN

#### INGREDIENTS

50 ml of milk, 20 grams of oat bran (or whole grain flour), 30 grams of cherries, quarter of an egg yolk, honey

#### DIRECTIONS

• Mix the honey with the milk, add the baking powder, pour the oat bran in, add the whipped egg, and mix. Finally, add the sour cherries (without the cores). Bake for 20-25 minutes in muffin baking tins, in an oven pre-heated to 180 degrees.



# JULY

## MONTHLY DELIGHTS

### CARROT



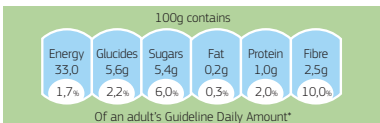
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### RED CURRANTS



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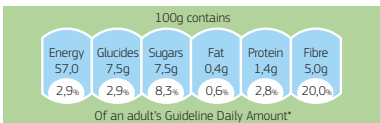
#### CARROT



Carrots are full of many good things, such as carotenes (which is where their name comes from). Carrots contain provitamin A ( $\beta$ -carotene) which is important to the health of your eyes and skin. They are also rich in fibre and sweet while at the same time being low in calories. And you can eat them any way you like.

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#### RED CURRANTS



Red currants are tiny vitamin bombs. There is enough vitamin C in 100 grams of them to cover almost half of your daily need and quite a good amount of vitamins K as well. Red currants also provide a fair amount of minerals like manganese, iron, phosphorus and copper. They are also a source of dietary fibres.

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# RECIPES

## APPETISER



### CARROT SALAD WITH OLIVE OIL

#### INGREDIENTS

150 grams of carrots, 4 ml of olive oil, parsley leaves

#### DIRECTIONS

- Grate the cleaned carrots into long stripes; sprinkle extra virgin olive oil on them. Decorate with parsley leaves and serve cold.

## MAIN COURSE



### COD FILET WITH VEGETABLES

#### INGREDIENTS

120 grams of cod fillet, 100 grams of carrot, 100 grams of broccoli, 100 grams of cauliflowers, 5 ml of oil, 150 grams of Trappist cheese, parsley leaves, ground white peppers, garlic

#### DIRECTIONS

- Chop the cod fillets into largish cubes, add spices, and roast in a little oil. Once done, sprinkle with lemon juice as desired, and put it aside. In the same deep pan, steam the chopped and spiced carrot. Once it is almost soft, add the broccoli and cauliflower, then steam until ready.
- Sprinkle the grated cheese on top and let it melt somewhat. Decorate with parsley leaves.

## DESSERT



### FOREST FRUIT SHAKE

#### INGREDIENTS

100 grams of pear, 60 grams of red currant, 30 grams of sour cherries, 150 ml of milk (1.5% fat), cinnamon, clove seeds, honey

#### DIRECTIONS

- Chop the pears into cubes. Pluck the red currants and the cherries from the stems, and remove the cherry cores. Add ground cinnamon and clove seeds to the milk, and sweeten as desired. Pour into a blender, add the fruit, and mix thoroughly. Leave the shake in the refrigerator or consume immediately.

# AUGUST

## MONTHLY DELIGHTS

### CUCUMBER



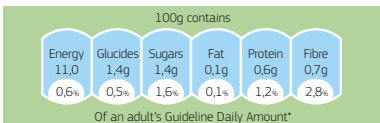
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### RASPBERRY



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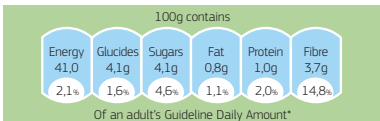
#### CUCUMBER



*Cucumber is really low in calories and is a good source of vitamin K (which is good for your bones).*

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#### RASPBERRY



*Fresh raspberries contain vitamins C and K.*

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# RECIPES

## APPETISER



### COLD FILLED CUCUMBER

#### INGREDIENTS

300 grams of cucumber (2 cucumbers), 12.5 grams of low-fat cottage cheese, 12.5 grams of low-fat Trappist cheese, 20 grams of green pepper, 25 grams of tomato, 100 ml of yoghurt, 10 grams of chives, black pepper

#### DIRECTIONS

• Wash both cucumbers and cut them in halves lengthwise and then crosswise. Scoop out the inside of the eight cucumber pieces, and cut the scooped inside part into small pieces. Chop the washed green pepper and tomato into very small cubes. Then chop the washed chives into small pieces. Mix the inside of the cucumber with the grated cheese, the cottage cheese (smashed with a fork) and the yoghurt. Add the pepper, the tomato and the chives. Add spices, and finally stuff the mix into the cucumber pieces so that it's heaped. Keep the meal refrigerated for a few hours so that the flavours blend.

## MAIN COURSE



### SPICY CHICKEN WINGS, CUCUMBER SALAD WITH YOGHURT

#### INGREDIENTS

120 grams of chicken wings (pure meat), 6 ml of olive oil, 250 grams of cucumber, 50 ml of yoghurt, ground white pepper, ground red paprika, garlic, black pepper

#### DIRECTIONS

• Clean the chicken wings carefully, season to taste, and roast in a pan for 50 minutes in a little olive oil until the meat is almost done. Remove the wings from the pan, smear thoroughly with pepper and ground paprika, and roast for another five minutes.

• Meanwhile, wash the fresh cucumber, cut off both ends, and chop it into thin slices. Add spices and finally ground garlic to the yoghurt, and then pour it on the sliced cucumber. Serve the cucumber salad cold.

## DESSERT



### RASPBERRY JELLY

#### INGREDIENTS

150 grams of raspberries, 25 grams of lemon, 1,5 grams of gelatine, honey

#### DIRECTIONS

• Put the raspberries into a little water, add honey and lemon juice, and boil, making sure that the raspberries are not broken. Add the gelatine, divide the jelly into portions, and let it cool.

# SEPTEMBER

## MONTHLY DELIGHTS

### PRITAMIN PEPPER



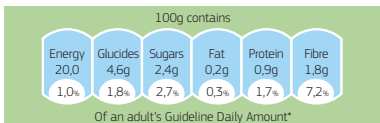
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### PLUM



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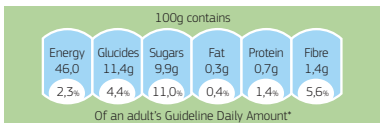
#### PEPPER



*Nothing can beat a pepper. It is one of the fruit and vegetable champions, along with tomato. It is full of vitamin C and it is a natural source of vitamins B1, B2 and B3 as well as vitamin K. When it comes to picking peppers, the riper they are, the better.*

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#### PLUM



*Yellow, green, purple or blue, tiny, plump or dried; all plums have many positive things to offer. Dried plums/prunes contribute to normal bowel function.*

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\*Nutritional information based on European Food Safety Authority data

# RECIPES

## APPETISER



### STRING BEAN SALAD WITH PRITAMIN PEPPER

#### INGREDIENTS

200 grams of string beans, 25 grams of pritamin peppers, 25 grams of onion, balsamic vinegar, butter, 1 teaspoon of honey

#### DIRECTIONS

• Steam the green beans soft in a little butter and let them cool. Chop the onion into small pieces and the pritamin pepper into cubes; mix them with the balsamic vinegar and the honey, and then add the mix to the beans. Refrigerate to let the flavours blend.

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## MAIN COURSE



### PRITAMIN PEPPER STUFFED WITH POULTRY, IN TOMATO SAUCE

#### INGREDIENTS

100 grams of minced turkey meat, 100 grams of pritamin pepper, 35 grams of brown rice, 2 mid-sized fresh tomatoes, 20 grams of tomato puree, 10 grams of onion, 5 ml of sunflower oil, 0.5 gram of garlic, quarter of an egg, spice mix, red pepper, black pepper, celery parsley leaves, 1 tablespoon of honey

#### DIRECTIONS

• Cook the brown rice, then set it aside. Remove the core of the pritamin pepper. Add the finely chopped onion, the egg, the black pepper, the spice mix and the parsley to the ground turkey meat. Season to taste, mix with the cooked brown rice, and stuff the mix into the pritamin peppers. Form balls of any remaining meat.

• Meanwhile, simmer the squared fresh tomatoes and the tomato puree in sunflower oil; add water, the finely chopped onion and celery, and the honey to make the sauce. Slowly cook the stuffed pritamin peppers in the sauce; then remove them and strain the sauce.

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## DESSERT



### RICE PUDDING WITH PLUMS AND CINNAMON

#### INGREDIENTS

50 grams of rice, 250 ml of milk, 5 plums, 1 tablespoon of honey, cinnamon as desired

#### DIRECTIONS

• Pour the milk into a bowl and heat it. Once it starts to boil, add the rice and cook it, stirring often. When there is little milk left, add the plums (cut into small cubes). Add cinnamon and honey. If the pudding is too dry, add some more milk.

# OCTOBER

## MONTHLY DELIGHTS

### CAULIFLOWER



&

### PEAR



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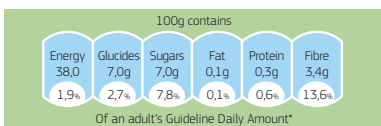
#### CAULIFLOWER



*Most of the time, food that is white has been processed, losing a lot of its nutritional value: white rice, white sugar, white bread. etc. This is not the case with cauliflower. The raw cauliflower is naturally full of potassium and vitamin C. It also contains vitamin B5. But don't cook it for too long, you would lose a lot of its precious content.*

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#### PEAR



*Pears come only in one shape, but they take many forms. They can be firm, sweet and juicy, and they can also be cooked. They may be yellow, red or green, and they are a source of fibre.*

(EU) REGULATION No 1169/2011 of the European Parliament and Council  
\*Nutritional information based on European Food Safety Authority data

# RECIPES

## APPETISER



15 mins



### CAULIFLOWER SALAD WITH CURRY

#### INGREDIENTS

250 grams of cauliflower, 100 grams of yoghurt, 2 ml olive oil (or sunflower oil), garlic, curry, ground white pepper, ginger

#### DIRECTIONS

• Dissect the cauliflower and steam it soft with some olive oil, garlic, making sure that you don't over-boil it. Mix the curry, the ground white pepper and the ginger into the yoghurt, and then mix it with the cooled cauliflower pieces. Refrigerate for a few hours and serve cold.

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## MAIN COURSE



35 mins



### CHICKEN WRAPS WITH BROCCOLI AND CAULIFLOWER

#### INGREDIENTS

120 grams of chicken breast, 155 grams of broccoli, 95 grams of cauliflower, 4 ml oil, butter, nutmeg, ground white pepper, spice mix for grilling

#### DIRECTIONS

• Slice the chicken breast and tenderise it. Steam the spiced broccoli and cauliflower semi-soft in some butter, and pile on the spread meat slices. Form into rolls, making sure that the stuffing stays inside. Fold both ends of each roll, using needles to keep them together, then slowly roast them soft with the grilling spices in a medium-hot oven, in a pan spread with oil. Serve with the remaining steamed broccoli and cauliflower.

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## DESSERT



50 mins



### COTTAGE CHEESE MOUSSE WITH OAT BRAN AND PEARS

#### INGREDIENTS

200 grams of pear, 50 grams of low-fat cottage cheese, 20 grams of yoghurt, 20 grams of oat bran, honey, vanilla stick, cinnamon

#### DIRECTIONS

• Strain the low-fat cottage cheese through a sieve, and use a blender to mix it with the yoghurt, honey and vanilla until it's foamy. Mix the oat bran into it, and make portions in dessert bowls. Chop the cleaned pear into cubes, and place the cubes on top of the mousse.



# NOVEMBER

## MONTHLY DELIGHTS

### BEETROOT



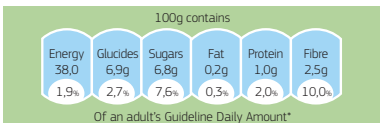
&

### APPLE



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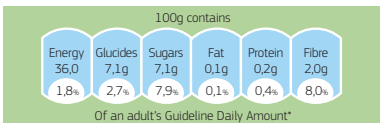
#### BEETROOT



*Beetroot has an unmistakable earthy taste. The root itself is low in calories. Beetroots are a natural source of potassium.*

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#### APPLE



*Apple is the fruit of fruits. It has been present on our tables for more than three thousand years with good reason. Apples are a natural source of C and B3 vitamin as they are tasty. Even though they are quite sweet they are not rich in calories (less than 40 per 100 grams on average).*

(EU) REGULATION No 1169/2011 of the European Parliament and Council  
\*Nutritional information based on European Food Safety Authority data

# RECIPES

## APPETISER



### BEETROOT SALAD WITH YOGHURT

#### INGREDIENTS

250 grams of beetroot, 50 grams of yoghurt, black pepper, horseradish

#### DIRECTIONS

- Cook the beetroot without peeling it, and slice it up. Put it into a bowl, season to taste, add the horseradish, pour yoghurt on it, and put it in the refrigerator for a few hours so that the flavours blend.

## MAIN COURSE



### ROAST CHICKEN WITH COCONUT; GREEN SALAD WITH APPLES

#### INGREDIENTS

120 grams of chicken breast, 50 ml of milk, 30 grams of grated coconut, 4 ml oil, grilling spices, 100 grams of cabbage, 100 grams of iceberg lettuce, 60 grams of apple, 50 grams of yoghurt, 40 grams of celery, 10 grams of leek

#### DIRECTIONS

- Make fillets of the meat and rub grilling spices into it. Spread some oil in a pan, put the fillets in, pour a little milk on it, sprinkle half of the grated coconut on it, and roast at medium temperature. Add more milk as it evaporates. Once the meat starts reddening, sprinkle the remaining coconut on it. Chop the meat diagonally into 4-5 slabs, and sprinkle the sauce containing milk and coconut on it.
- For the salad, cut the cabbage into thin threads, and chop the lettuce into cubes of 2-3 cm. Cut the cleaned apple and celery into equally sized thin stripes, put everything in a bowl, and mix with the leek (chopped into rings). Pile the desired quantity onto plates next to the coconut chicken, and pour cold yoghurt on it.

## DESSERT



### OATMEAL MUFFIN WITH APPLE AND CINNAMON

#### INGREDIENTS

300 ml of milk, 200 grams of oat bran, half an apple, 3 eggs, half a packet of baking powder, 3 tablespoon of honey, cinnamon

#### DIRECTIONS

- Separate the egg yolks and whites. Mix the honey with the egg yolks, and add the milk and the baking powder. Then add the oat bran, flavour with some cinnamon, and mix the whipped egg whites and finally the grated apple into it. Pour into muffin cups, heat the oven to 180 degrees Celsius, and bake for 20-25 minutes.

# DECEMBER

## MONTHLY DELIGHTS

### PUMPKIN



&

### MANDARINE



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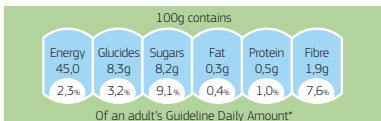
#### PUMPKIN



*Pumpkin contains several vitamin C, niacin, and iron. It is low in energy. Don't forget that energy content increases when pumpkin is baked.*

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#### MANDARINE



*Mandarines are not just small oranges. They contain provitamin A ( $\beta$ -carotene) and iron. Of course, like oranges and lemons, they provide you with large amounts of vitamin C. And they give off that slight but special aroma, which makes you feel like the festive season is already upon us.*

(EU) REGULATION No 1169/2011 of the European Parliament and Council  
\*Nutritional information based on European Food Safety Authority data

# RECIPES

## APPETISER



1 hour



### CREAMY PUMPKIN SOUP

#### INGREDIENTS

One mid-sized pumpkin, 1 tablespoon of butter, 100 ml of low fat cream, pepper, a pinch of ginger, 2 tablespoons of pumpkin seeds

#### DIRECTIONS

- Put the whole pumpkin into the oven heated to 180 degrees Celsius. Roast it until the top is slightly brown and burned (i.e. for some 40 minutes). Then let it cool somewhat under kitchen film so that the skin peels off.
- Remove the skin and the seeds carefully (seeds can be used later), and put the pumpkin flesh into a bowl, then turn it in some butter; add 200 ml of vegetable broth, season to taste, a pinch of ginger, and the cream. Use a blender to mix. Decorate with roasted pumpkin seeds when serving.

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## MAIN COURSE



120 mins



### CRISPY DUCK LEG ON A PUMPKIN BED

#### INGREDIENTS

120 grams of duck leg, 5 ml of olive oil (or sunflower oil), ground white pepper, marjoram, 250 grams of pumpkin, nutmeg

#### DIRECTIONS

- Clean the duck legs thoroughly, and rub the marjoram and ground pepper in it. Spread some olive oil in a pan, and roast the meat at 160 degrees Celsius until it's rosy.
- Meanwhile, clean and chop the pumpkin, and sprinkle with nutmeg. Roast in a non-stick pan on a little olive oil, in a very hot oven. Turn the pumpkin pieces around several times while roasting. Place the meat on a pumpkin bed and serve.

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## DESSERT



5 mins



### MANDARINE DELIGHT WITH MINT AND YOGHURT

#### INGREDIENTS

Quarter of a banana, half a mandarine, half an apple, 100 ml of yoghurt, 2 mint leaves or quarter of a tablespoon of dried mint, 1 teaspoon of honey

#### DIRECTIONS


- Slice the fruit into cubes, and tear the mint leave into tiny pieces, and mix them with the yoghurt. Sweeten with some honey, and put in the refrigerator for one hour.

	Distance			Preparation				
	Local	European Union	World	Fresh	Cooked	Steamed	Fried	Baked
Apple								
Banana								
Blackberry								
Black currant								
Cherry								
Gooseberry								
Grapefruit								
Grapes								
Kiwi								
Lemon								
Melon								
Mandarin orange								
Orange								
Peach								
Pear								
Plum								
Pineapple								
Quince								
Raspberry								
Redcurrant								
Rhubarbe								
Sweet cherry								
Strawberry								
Walnut								
Watermelon								

	Distance			Preparation				
	Local	European Union	World	Fresh	Cooked	Steamed	Fried	Baked
Asparagus								
Avocado								
Beetroot								
Broccoli								
Brussels sprout								
Carrot								
Cauliflower								
Celery								
Chinese cabbage								
Chives								
Cucumber								
Eggplant								
Gherkin								
Herbs								
Horseradish								
Iceberg lettuce								
Leek								
Onion								
Parsley								
Pepper								
Potato								
Radish								
Red cabbage								
Savoy cabbage								
String bean								
Tomato								
Turnip								
White cabbage								
Zucchini								

Course

Snack  
Appetizer  
Soup  
First  
Main  
Dessert

Apple						
Banana						
Blackberry						
Black currant						
Cherry						
Gooseberry						
Grapefruit						
Grapes						
Kiwi						
Lemon						
Melon						
Mandarin orange						
Orange						
Peach						
Pear						
Plum						
Pineapple						
Quince						
Raspberry						
Redcurrant						
Rhubarbe						
Sweet cherry						
Strawberry						
Walnut						
Watermelon						

## Course

Snack  
Appetizer  
Soup  
First  
Main  
Dessert

Asparagus



Avocado



Beetroot



Broccoli



Brussels sprout



Carrot



Cauliflower



Celery



Chinese cabbage



Chives



Cucumber



Eggplant



Gherkin



Herbs



Horseradish



Iceberg lettuce



Leek



Onion



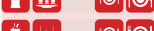
Parsley



Pepper



Potato



Radish



Red cabbage



Savoy cabbage



String bean



Tomato



Turnip



White cabbage




Zucchini



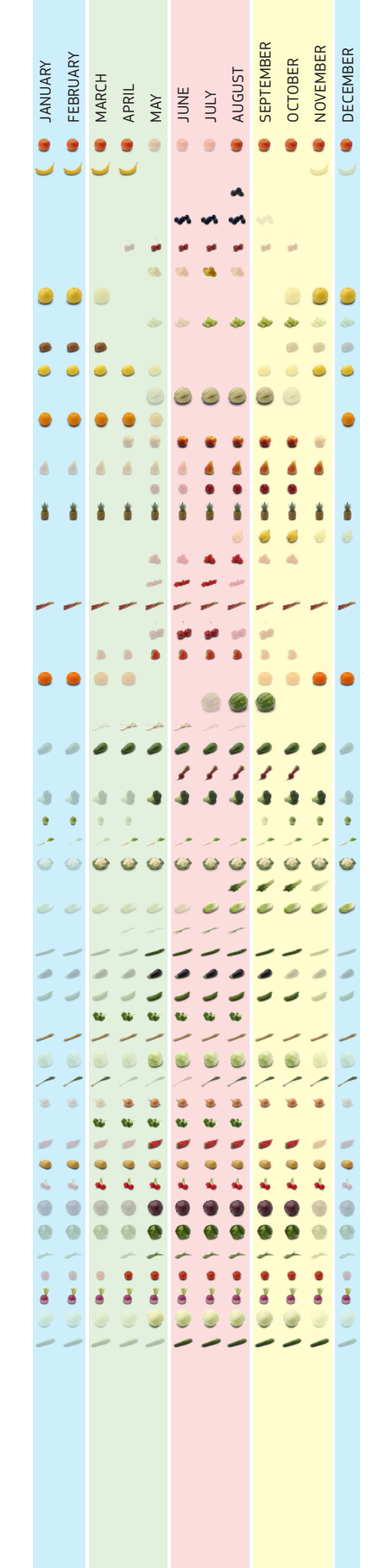


	Health				
	Vitamins	Minerals	Essential Lipids	Proteins	Fibre
Apple	W	M			Bp
Banana	W	M		B	Bp
Blackberry	W	M			Bp
Black currant	W	M			Bp
Cherry	W	M			Bp
Gooseberry	W	M			Bp
Grapefruit	W	M			Bp
Grapes	W	M			Bp
Kiwi	W	M			Bp
Lemon	W	M			Bp
Melon	W	M			
Mandarin orange	W	M			Bp
Orange	W	M			Bp
Peach	W	M			Bp
Pear	W	M			Bp
Plum	W	M			Bp
Pineapple	W	M			Bp
Quince	W	M			Bp
Raspberry	W	M			Bp
Redcurrant	W	M			Bp
Rhubarbe	W	M			Bp
Sweet cherry	W	M			Bp
Strawberry	W	M			Bp
Walnut	W	M			Bp
Watermelon	W	M			

	Health				
	Vitamins	Minerals	Essential Lipids	Proteins	Fibre
Asparagus	W	M			Bp
Avocado	W	M	T		Bp
Beetroot	W	M			Bp
Broccoli	W	M		B	Bp
Brussels sprout	W	M		B	Bp
Carrot	W	M			Bp
Cauliflower	W	M			Bp
Celery	W	M			Bp
Chinese cabbage	W	M			Bp
Chives	W	M			
Cucumber	W	M			
Eggplant	W	M			Bp
Gherkin	W	M			Bp
Herbs	W	M			
Horseradish	W	M			Bp
Iceberg lettuce	W	M			Bp
Leek	W	M			Bp
Onion	W	M			Bp
Parsley	W	M			Bp
Pepper	W	M			Bp
Potato	W	M			Bp
Radish	W	M			Bp
Red cabbage	W	M			Bp
Savoy cabbage	W	M			Bp
String bean	W	M			Bp
Tomato	W	M			Bp
Turnip	W	M			Bp
White cabbage	W	M			Bp
Zucchini	W	M			Bp

	Conservation						
	Open air	Fridge	Few days	One week or more	Preserves/Pickled	Marmelade	Frozen
Apple	°C			7			
Banana	°C		2				
Blackberry		°C	2				
Black currant		°C	2				
Cherry	°C		2				
Gooseberry		°C	2				
Grapefruit	°C			7			
Grapes	°C		2				
Kiwi		°C	2				
Lemon	°C			7			
Melon	°C		2				
Mandarin orange	°C			7			
Orange	°C			7			
Peach		°C	2				
Pear	°C			7			
Plum	°C		2				
Pineapple	°C			7			
Quince	°C			7			
Raspberry		°C	2				
Redcurrant		°C	2				
Rhubarbe		°C	2				
Sweet cherry	°C		2				
Strawberry		°C	2				
Walnut	°C			7			
Watermelon	°C		2				

	Conservation						
	Open air	Fridge	Few days	One week or more	Preserves/Pickled	Marmelade	Frozen
Asparagus		°C	2				❄️
Avocado	°C						
Beetroot		°C		7	👉		❄️
Broccoli		°C	2				❄️
Brussels sprout		°C		7			❄️
Carrot		°C		7	👉		❄️
Cauliflower		°C		7			❄️
Celery		°C		7	👉		❄️
Chinese cabbage		°C		7			❄️
Chives		°C	2				❄️
Cucumber		°C		7			
Eggplant		°C		7			❄️
Gherkin		°C		7	👉		❄️
Herbs		°C	2				❄️
Horseradish		°C		7	👉		❄️
Iceberg lettuce		°C		7			
Leek		°C		7			❄️
Onion	°C			7	👉	🏺	❄️
Parsley	°C		2				❄️
Pepper		°C		7	👉		❄️
Potato	°C			7			❄️
Radish		°C	2				
Red cabbage		°C		7	👉		❄️
Savoy cabbage		°C		7			❄️
String bean		°C	2		👉		❄️
Tomato		°C		7	👉	🏺	❄️
Turnip		°C		7			❄️
White cabbage		°C		7	👉		❄️
Zucchini		°C		7			❄️





[www.azegeszsegescsalad.hu](http://www.azegeszsegescsalad.hu)

"My healthy family" is organised by the European Commission and its aim is to promote eating fruit and vegetables. Fruit and vegetables given to participants come from local suppliers and are mostly seasonal.

