

# Janeiro (January)

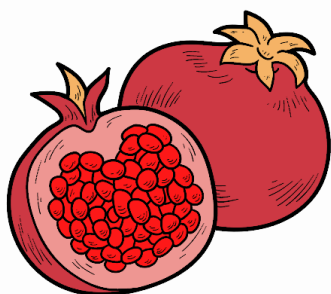
Styczeń

Gener

Eanáir

Gennaio

Sausis



## Recipe

### Ingredients

1 packet powdered gelatin (2 1/2 teaspoons); 2 cups heavy cream; 1/2 cup confectioner's sugar; 1/4 teaspoon fine sea salt, 1/2 cup plain whole yogurt; 1/2 cup unsweetened pomegranate juice; 2 tablespoons of stevia; Fresh pomegranate seeds

### Preparation

Lightly coat 6 x 1/2-cup molds or ramekins with neutral-tasting oil or cooking spray.

Sprinkle the gelatin over 2 tablespoons of water in a small dish and let stand a few minutes to soften and dissolve.

Heat the cream, confectioner's sugar and salt in a small saucepan over medium heat, stirring to dissolve the sugar. Heat until very warm, but not boiling. Stir in the gelatin until it dissolves.

Remove from the heat and add the yogurt. Stir until smoothly incorporated into the cream. Pour the mixture through a mesh strainer into a container.

Pour the cream into the molds and cover with plastic wrap and place in the refrigerator to chill and set, at least 4 hours.

About an hour before serving, bring the pomegranate juice and the stevia to a boil in a small saucepan. Cook until the syrup reduces to the consistency of maple syrup, 10 -12 minutes. And then when it's cool add it to the mixture on the fridge.

Drizzle some pomegranate syrup over the panna cottas and sprinkle with pomegranate seeds.

### Nutritional information of the fruit

Total Fat 1.2g

Saturated Fat 0.1g

Sodium 3mg

Total Carbohydrate 19g

Dietary Fiber 4g

Sugar 14g

Protein 1.7g

Vitamin D 10.2mcg

Calcium 10.00mg

Iron 0.30mg

Potassium 236mca

## January

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26	27	28	29	30	31	



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# Febrer (February)

Luty

Fevereiro

Feabhra

Febbraio

Vasaris



## Nutritional information of the cabbage

The following nutrition information is provided by the USDA for 1 cup (89g) of raw chopped cabbage.

- **Calories:** 22
- **Fat:** 0.1g
- **Sodium:** 16mg
- **Carbohydrates:** 5.2g
- **Fiber:** 2.2g
- **Sugars:** 2.8g
- **Protein:** 1.1g

## Recipe: Trinxat

### Ingredients:

1 head of cabbage, 1kg potatoes,  
6 garlic cloves (finely sliced)  
4 bacon slices, Oil, salt and pepper

### Instructions

Clean and chop the cabbage leaves, and boil for 10 minutes. Meanwhile, peel and dice the potatoes. Add to the cabbage leaves with a pinch of salt, and boil all together for 20 minutes. Cut the bacon into strips. Heat a little oil in a large pan. Fry the bacon and set aside. In the same pan, fry the finely sliced garlic. Drain the potatoes and cabbage and mash together. Add the cabbage and potatoes mixture to the pan with the garlic. Continue to cook over a low heat for about five minutes, and season to taste.

Garnish with bacon and serve.

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# Marzec (March)

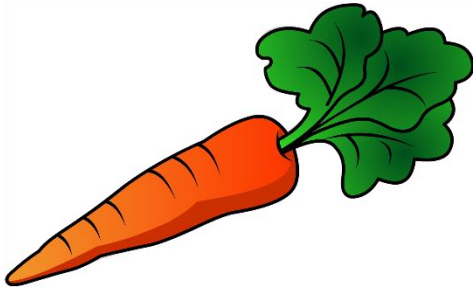
Març

Marta

Marzo

Março

Kovas



## Recipe : Carrot soup

### Ingredients:

1 tablespoon extra-virgin olive oil, 1 medium onion, chopped, 1 stalk celery, chopped, 2 cloves garlic, chopped, 1 teaspoon chopped fresh thyme or parsley, 5 cups chopped carrots, 2 cups water, 4 cups reduced-sodium chicken broth or vegetable broth, ½ teaspoon salt, freshly ground pepper to taste

### Instructions

Heat butter and oil until the butter melts. Add onion and celery; cook, stirring occasionally, until softened, 4 to 6 minutes. Add garlic and thyme (or parsley); cook, stirring, until fragrant, about 10 seconds. Stir in carrots. Add water and broth; bring to a lively simmer over high heat. Reduce heat to maintain a lively simmer and cook until very tender, about 25 minutes. Puree the soup in batches in a blender until smooth. (Use caution when pureeing hot liquids.) Stir in half-and-half (if using), salt and pepper.

### Nutritional information of the carrot

The carrot (*Daucus carota*) is a root vegetable often claimed to be the perfect health food.

It is crunchy, tasty, and highly nutritious. Carrots are a particularly good source of beta carotene (vitamin A), fiber, vitamin K1, potassium, and antioxidants.

They also have a number of health benefits. They're a weight-loss-friendly food and have been linked to lower cholesterol levels and improved eye health. What's more, their carotene antioxidants have been linked to a reduced risk of cancer.

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# Aibreán (April)

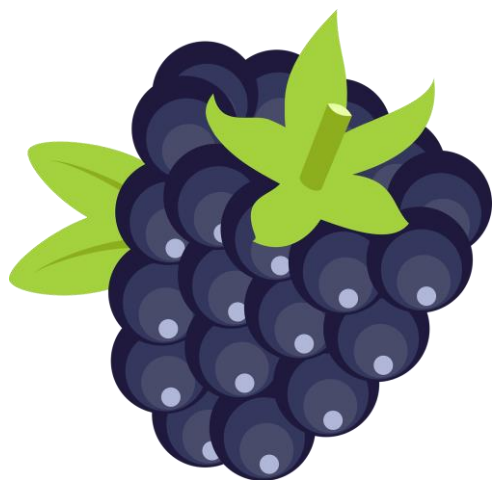
Kwiecień

Abril

Aprile

Abril

Balandis



## Nutritional information:

### BLACKBERRY=SUPERFOOD!!

- Full of Vitamin C. One cup=half daily allowance. Produces collagen which is good for bones, blood and tissue formation. Helps to: heal wounds, regenerate skin, battle toxins, cure the common cold & absorb iron.
- High in fibre. 1 small cup=8 grammes
- High in Vitamin
- K-stops blood clotting
- High in manganese-good for bone development and a healthy immune system
- May boost brain health-prevent memory loss
- Can support dental health/low in fat/calories.
- High in beneficial vitamins, fibre, minerals and antioxidants

## Recipe: Blackberry Pie

### Filling Ingredients

4 cups fresh blackberries ; 1/2 cup all-purpose flour ; 1/2 cup white sugar

### Crust Ingredients:

Pastry for 2 crusts, 2 Tablespoons milk, 1/4 cup white sugar

### Directions:

1. Combine 3 1/2 cups of the blackberries with the flour and sugar. Spoon the mixture into an unbaked pie shell.
2. Spread the remaining 1/2 cup berries on top of the sweetened berries, then cover with the remaining crust. Pinch edges to seal.
3. Brush the top crust with 2 Tablespoons milk, and sprinkle with 1/4 cup sugar. Bake at 425 degrees F for 15 minutes, then turn oven down to 375 degrees F. Bake for an additional 20 to 25 mins. Serve with cream/ice-cream!

ENJOY!!

April						
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# Maig (May)

Maj

Maio

Bealtaine

Maggio

Gegužė



## Nutritional information of the strawberry

The following nutrition information is provided by the USDA for 1 cup (152g) of strawberry halves.

- **Calories:** 49
- **Fat:** 0.5g
- **Sodium:** 2mg
- **Carbohydrates:** 11.7g
- **Fiber:** 3g
- **Sugars:** 7.4g
- **Protein:** 1g

## Recipe: Strawberry smoothie

### Ingredients

- 1 1/2 cups of milk, unsweetened
- 2 cups frozen strawberries
- 1 large ripe banana pieces
- 2 tbsp chia seeds or flaxseed
- A cup of milk

### Instructions

1. In a powerful blender, add almond milk, strawberries, banana and flaxseed in the exact order.
2. Blend until smooth. Serve within a few hours

May						
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# Giugno (June)

Czerwiec

Juny

Meitheamh

Junho

Birželis



## Nutritional information of the grapes (150g)

	Avg Quantity per Serving	% Daily Intake*	Avg Quantity per 100g
<b>Energy (kJ)</b>	426	5%	284
<b>Energy (Calories)</b>	101.8	5%	67.9
<b>Protein (g)</b>	0.9	2%	0.6
<b>Fat - total (g)</b>	0.15	0%	0.1
- saturated (g)	0	0%	0
<b>Cholesterol (g)</b>	0	0%	0
<b>Carbohydrate (g)</b>	23.25	8%	15.5
- sugars (g)	23.25	26%	15.5
<b>Sodium (mg)</b>	6	0%	4
<b>Dietary fibre (g)</b>	3.6	12%	2.4
<b>Potassium (mg)</b>	331.5	166%	221
<b>Vitamin C (mg)</b>	7.5	19%	5
<b>Vitamin K (microgram)</b>	21.9	27%	14.6

\* Based % Daily Intakes are based on an average adult diet of 8,700kJ.

## Recipe: Wine biscuits

### Ingredients:

1 cup red wine, 1 cup oil, 1 cup granulated sugar, 1 teaspoon salt, 1 tablespoon baking powder, 4 cups flour.

### Instructions

Mix wine, oil, sugar and salt. In a separate bowl, mix baking powder and flour. Combine the two bowls of ingredients and knead. Grease a dripping-pan. Take a small amount of dough (approximately 2 tablespoons) and roll it out in your hand. Then twist it into a coil or snail shape. Place all the biscuits on the dripping-pan.

Bake at 180 degrees for 12-15 minutes, until they go brown.

June						
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# Iuif (July)

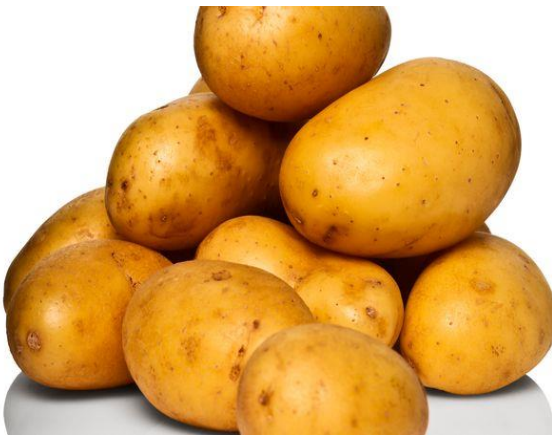
Lipiec

Juliol

Luglio

Julho

Liepa



## Nutritional information:

### POTATO=SUPERFOOD!!

- An excellent source of vitamin C
- A good source of vitamin B6
- Fat-, sodium- and cholesterol-free
- More potassium than a banana
- Only 110 calories per serving
- High level of magnesium
- A key source of carbohydrates
- Close to zero fat and cholesterol and can help lower blood pressure
- Long history!-from Peruvian Incas
- A key Irish food in history and a key element in the Irish Famine
- Where would we be without CHIPs!

## Recipe: Boxty

### Ingredients:

Potatoes, Onions, salt, pepper, chives, butter

### Instructions:

- Boil one large potato until tender, peel & mash in bowl
- Meanwhile, grate a separate raw potato, and squeeze out the water in a dish towel.
- Add to the mashed potato, sprinkle over a 1/4 cup of flour, and a pinch of baking soda, salt, pepper, and mix.
- Drop tablespoon-sized scoops of potato mixture into a buttered medium-hot pan, flattening the pancakes slightly if too rounded.
- Pan-fry until golden and crusty, about 5 minutes per side. Gentle when flipping. Serve with butter and a scattering of chives.
- LOVELY!!

July						
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# Sierpień (August)

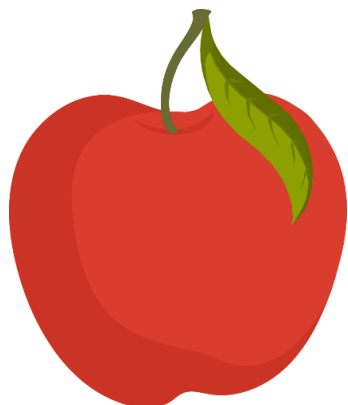
Agost

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Agosto

Agosto

Rugpjūtis



## Recipe : Apple crumble

### Ingredients:

Apples, cored and sliced, ground cinnamon, juice of 1/2 lemon, 2 tbsp. water, 1/4 c. plus 2 tbsp. granulated sugar, 3/4 c. flour, 1/4 c brown sugar, 1/2 tsp. salt, 1/2 c. (1 stick) butter, cold, cut into cubes, 1 c. old fashioned oats, vanilla ice cream, for serving

### Instructions

Preheat oven to 200°. In a large ovenproof skillet, toss apples with 2 tablespoons sugar, lemon juice, water, and cinnamon. In a large bowl, whisk together flour, brown sugar, remaining 1/4 cup sugar, and salt. Using a pastry cutter (or your hands), incorporate butter into flour mixture until it resembles coarse crumbs. Add oats and squeeze mixture with your hands until big, moist clumps form. Scatter oat mixture on top of apples and bake until apples are bubbling and topping is golden, about 45 minutes. Let cool 10 minutes before serving with Natural Vanilla Ice Cream.

### Nutritional information of the apple

*They grow on the apple tree (Malus domestica), originally from Central Asia.*

*Apples are high in fiber, vitamin C, potassium and various antioxidants. They are also very filling, considering their low calorie count. Studies show that eating apples can have multiple benefits for your health. Apples may compliment a healthy weight loss diet largely due to their high fiber and low calorie counts.*

*Some studies indicate that apples may help protect against diabetes, heart disease, and cancer. Apples are generally*

August						
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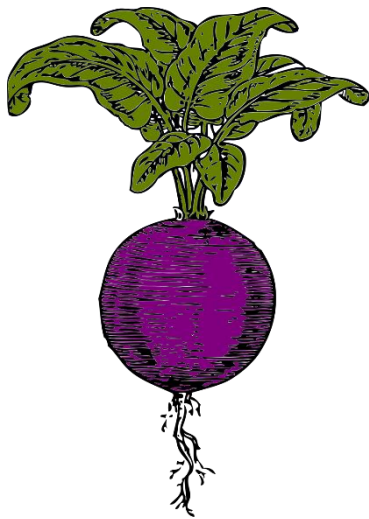
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# Rugsējis (September)

Wrzesień    Settembre    Mean Fomhair    Settembre    Setembro



## Nutritional information of the fruit

*Calories:* 43

*Water:* 88%

*Protein:* 1.6 grams

*Carbs:* 9.6 grams

*Sugar:* 6.8 grams

*Fiber:* 2.8 grams

*Fat:* 0.2 grams

## Recipe: Kidney – bean and red beetroot salad

### Ingredients:

- boiled beetroots; 1 onion; mayonnaise (according to the taste); spices (according to the taste); 200 g. of boiled kidney – beans.

### PREPARATION:

- Cut the red beetroots and the onion into the medium pieces.
- Put the kidney-beans into the mass and mix everything.
- Make the taste better with the mayonnaise and the spices.
- Serve with meat.

Enjoy this dish!

September						
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# Outubro (October)

Październik

Octubre

Deireadh Fomhair

Ottobre

Spalis



## Nutritional information of the fruit (for 100 gr.):

Total Fat 0.1g  
Saturated Fat 0.1g  
Sodium 1mg Total Carbohydrate 6.5g  
Dietary Fiber 0.5g  
Sugar 2.8g  
Protein 1g  
Vitamin D 9.0mcg  
Calcium 21.00mg  
Iron 0.80mg  
Potassium 340mg

## Recipe

### Ingredients

1/2 kg pumpkin peeled and cut into small cubes; 2 oranges juice and zest;  
1 tbsp grated ginger; 1 tsp nutmeg;  
1 tbsp cinnamon; 1 kg sugar (stevia)

### Preparation

Prepare the pumpkin by cutting into quarters and discarding out the seeds and peeling it. Then slice into wedges. **Or cubes** 2 cm cubes.

Place pumpkin into a pan. Add the spices, sugar and the orange juice. Bring to the boil 50 minutes or until the pumpkin is easily squashed with a wooden spoon. The mixture will be thick and a clear orange color -- almost translucent. Smash the pumpkin with a wooden spoon, or if you want a very smooth jam, use a blender. Spoon hot jam into sterilized jars and close immediately.  
Enjoy it!

## October

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# Novembre (November)

Listopad    Novembre    Samhain    Novembro    Lapkritis



## Nutritional information of the black olives (100g)

*Energy: 116 calories*

*Protein: 0.84 g; total fat: 10.90 g; carbohydrate: 6.04 g; fiber: 1.60 g*

*Calcium: 88 mg; iron: 6.28 mg; magnesium: 4 mg; potassium: 8 mg; sodium: 735 mg; zinc: 0.22 mg; copper: 0.25 mg*

*Vitamin C: 0.90 mg; niacin: 0.04 mg; vitamin B-6: 0.01 mg; vitamin A: 17 µg; vitamin E: 1.65 mg; vitamin K: 1.4 µg*

## Recipe: Ascoli stuffed olives

### Ingredients:

100 olives, 300 g of lean pork and 1 Kg of lean veal, 100 g of chicken breasts, 100 g of turkey, 150 g of Parmesan cheese, eggs, olive oil, wine, onion, carrot, celery, bread-crumbs, salt and nutmeg.

### Instructions

Lightly brown the vegetables and the meat, sprinkle them with white wine and leave to cook for 10 min. Mince them and bind the mixture with egg, Parmesan and nutmeg. Stuffed the olives with the mixture and coat them with flour, beaten eggs and bread-crumbs. Fry in extra virgin olive oil.

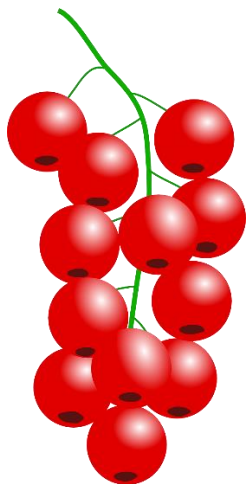
## November

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# Gruodis (December)

Grudzień    Desembre    Mi na Nollag    Dicembre    Dezembro



## Nutritional information of the fruit

- *Calories:* 46
- *Water:* 87%
- *Protein:* 0.4 grams
- *Carbs:* 12.2 grams
- *Sugar:* 4 grams
- *Fiber:* 4.6 grams
- *Fat:* 0.1 grams

## Recipe: Sweet – sourish cranberry sauce

### Ingredients:

3 cups of cranberries;  
1 cup of sugar;  
1 cup of apple juice;  
1 teaspoon of cinnamon.

### PREPARATION:

Mix all the ingredients in the frying pan and heat them at the medium temperature. When all the mass starts boiling, reduce the heat stirring for 10-12 minutes. Cool all the mass and serve with meat. Enjoy!

December						
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