

COOKING IS EASY

HEALTHY RECIPE BOOK

Simple dishes for every day and ideas for celebrations

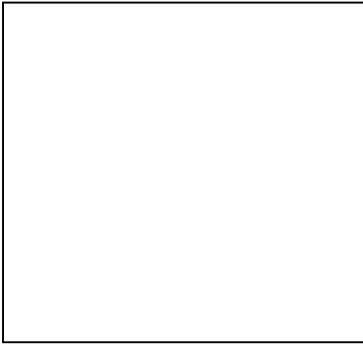
BY 6TH GRADE STUDENTS CEIP GRAN CAPITÁN
MONTILLA

This book may contain some misspellings due to imprint and spontaneity children's writing, despite the double correction prior to its final copy.

Sorry for the inconvenience.

RECIPE

BLACK CHOCOLATE NOUGAT (Abraham)



SERVES:

do you :

PREP TIMES:

COOK TIME:

Ingredients:

150 g of 85% of black chocolate.
1 spoonful of coco oil.
1 spoonful of cream of cacao shukran
real fooding.
30 g puffed quinoa.
50 g of almond crushed.

Directions:

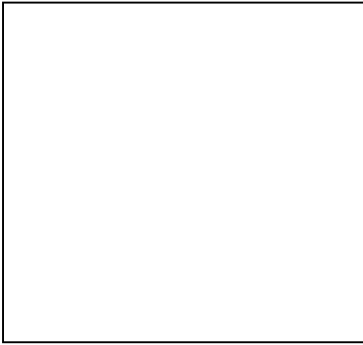
First, melt the chocolate together with a tablespoon of coconut oil in a bain-marie.
Then, when it's ready, add cocoa cream and stir well.
Now, add the crushed almonds and swollen quinoa.
Finally, pour the mixture into a nougat mold or a mold that your like, put it in the fridge evernight. Now you have your nougat!

Nutrients:

Quinoa is a source of protein
Black chocolate is a source of minerals
Almond is a source of Vitamind E

RECIPE

FAMILY STYLE PIZZA (Alejandro)



SERVES:

1 or 2

PREP TIMES:

COOK TIME:

Ingredients:

- 1 package of sausages
- 1 tin of tuna
- 3 chopped slices
- 5 slices of chorizo
- 100g of tomato
- 1 dough of pizza

Directions:

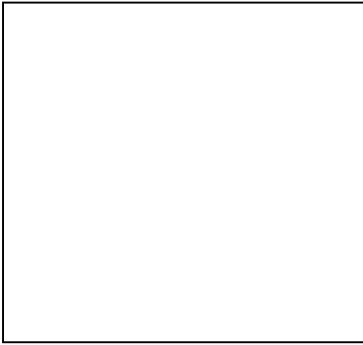
- 1.First, cut up the sausages and place them in a bowl.
- 2.Secondly, do the same with the chopped and the chorizo.
- 3.Next, open the tin of tuna and add to the bowl.
- 4.Then, odd the tomato and remove everything.
- 5.Now, spread the mix on the dough.
- 6.Finally, place the pizza in the oven to cook 220°C and wait for 10' or 12'.

Nutrients:

Sausages and tuna are a source of proteins.
Tomato is a source of vitamins and minerals

RECIPE

POTATO OMELETTE WHIT ONION (Álex)



SERVES:

PREP TIMES:

COOK TIME:

Ingredients:

4 Potatoes
4 Eggs
1 onion
50 ml milk
Oil
Salt

Directions:

First , cut for potatoes into cubes . Next , slice une onion . Afterthat fry four potatoes in oil whit onion and remove at the same time crack four eggs and add 50 ml of milk , whit salt to taste . Next , bet the minute and left it rest for 10 mins . Finaly , fry for a few minutes on each side and whwn it is golden is ready to serve and enjoy .

Nutrients:

Eggs provide whit proteins
Milk provide whit lacts
Potatoes provide whit carbohidrate

RECIPE

THREE JEWEL RICE



Ana M Chelaru Tanase

SERVES:

4

PREP TIMES:

45min

COOK TIME:

15min

Ingredients:

200g of rice

2 carrots

20g of peas

2 eggs

Oil

Cokeed jam

Directions:

First, cut carrots in small pieces. Next put them in the saucepan along with peas boil water for 15min. Later, cut the cokeed jam in little dice. Now, to prepare the rice, put 200g of rice in a saucepan with 600ml of water for 15min. After that two eggs and renow. Finally, mix the rice, carrots, pea and leave it i n the fir for 1min. Present on flat plate and enjoy it!

Nutrients:

Carbohydrates, vitamin and minerals and proteins.

RECIPE

BLACK RICE



Carlota Ramírez Alcaide

SERVES:

6

PREP TIMES:

1h 15 min

COOK TIME:

15 minutes

Ingredients:

300 g bomba rice

1 cuttlefish

250 g raw prawns

1 onion

2 garlics

50 g green pepper

50 g red pepper

1 l fish pepper

Directions:

First , heat the broth and keep it warm . Then fry : garlic , onion , red and green peppers , cuttlefish and tomato.

After that , add the wine and let it evaporate . At the same time , add the bomba rice (if you are going to do it in a paella pan , you will have to add about 3 parts of broth for one of rice) . Spread it out with a palette and don't touch it again . When half of the broth has evaporated , distribute the raw prawns . Finally when rice be ready ... Set aside and enjoy ...!!!!

Nutrients:

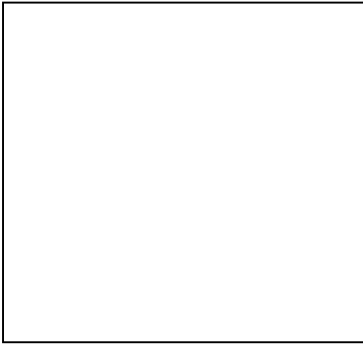
Rice: fibre

Vegetables: minerals and vitamins

Cuttle fish: proteins

RECIPE

COD WIHT KING PRAWN (Carmen López Jiménez)



SERVES:

4

PREP TIMES:

COOK TIME:

Ingredients:

100g onion
100g carrot
100g oil
4 loin of cod
80g flour
1 garlic
300g of king prawn
50g oil
40g of tomatoes
1 branch parsley
2g paprika
700g of water

Directions:

1. First cut the onion, the garlic, the parsley and the carrot and put the oil. Fry for 14'. Peel the king prawn and reserve the shells and the heads.
2. Then, add the paprika , the shells and the heads.
3. After that, add 40g of the tomatoes and the water and cover it up for 30'. Grind the mix and strain.
4. Next, flour the cod and brown it. Put in a fountain and reserve. Preheat the oven (180°C).
5. Then in a frying pan put the oil, the browned cod, the flour and 450g of the fumet. Mixer and put the cod.
6. Finally, bake 15' tp 180°C.

Nutrients:

For 1 ration: Calories:551kcal Carbohydrates : 17,65g
 Fats: 32,42g Proteins: 45,05g
 Fiber: 1,64g

RECIPE

HAWAIIAN SALAD



Camén Urbano Cáliz

SERVES:

2

PREP TIMES:

20 minutes

COOK TIME:

Ingredients:

- 500g salad
- 1 avocado
- 10 cherry tomatoes
- 100g tuna
- 80g turkey breast
- 100g pineapple
- two spoonful of oil
- one spoonful of vinegar
- Salt

Directions:

To start, wash the salad .

Then, put it in a bowl. After that, cut the cherry tomatoes in half.

Open an avocado and cut it too.

Meanwhile, chop the pineapple into small squares and cut the tuna.

Next, cut the turkey breast into small pieces and place all the ingredients in a bowl.

All that remains is to put two spoonful of oil, one spoonful of vinegar, salt and stir it so that everything is mixed well. After this, it's done!

Nutrients:

Vitamins ,minerals and proteins.

RECIPE

THREE JEWEL RICE (Celia)



SERVES:

4

PREP TIMES:

COOK TIME:

Ingredients:

400g of rice

2 carrots

100g of peas

2 eggs

150g of cooked ham

600ml of water

oil

salt

Directions:

First, peel a carrot and cut into pieces. Next, boil the water and add a teaspoonful of salt. When it starts to boil, add the rice, the carrots, and the freeze pea. Now, we make a french omelette. Then separate the water from the rice, carrots and peas and cut the omelette into small pieces. Finally, fry a little oil all the ingredients and cooked ham.

EMJOM IT

Nutrients:

Rice provides us with carboydrates.
vegetables (carrot) provide us with vitamines and minerals
eggs provide with proteins
peas provide with proteins

RECIPE

ensaladilla rusa



cesar

SERVES:
people

PREP TIMES:
1h

COOK TIME:
30min

Ingredients:

potatoes,carrots,tuna,mayonnaise

Directions:

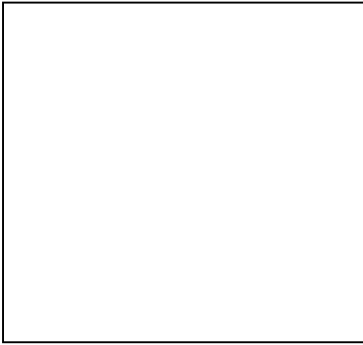
first,cut the potatoes and carrots then,boil them in water and add some salt.after that,take all the ingredients out.Finally,add some mayonnaise and a can of tuna and season.

Nutrients:

potatoes and carrots, vitamins and minerals. tuna, proteins mayonnaise, fats

RECIPE

CUBAN RICE (Ester)



SERVES:

4

PREP TIMES:

COOK TIME:

Ingredients:

400 g rice
water
sal
parsley
tomato sawce
4 eggs

Directions:

First prepare a pot and par water and 2 g of salt wait to boil. Secondary add same rice. Meanhile cook the eggs affter that, padd the eggs to the tomayo sawce. Finally, decorate the plate with a spring of parsely.

Nutrients:

Rice preovides us with carbohydretes.
Tomato sawce provides us with vitamins and minerals.
Eggs provide us with proteins.

RECIPE

ROASTED BELL PEPPERS

Jorge Antonio Mesa Gomez

SERVES:

3

PREP TIMES:

20min

COOK TIME:

10min

Ingredients:

4 reb bell peppers

2 onions

2 eggs

100g tomato

a pinch of salt

Directions:

We chop the cebella and fry it. Merwhile we show the gimentes the honor and conemo on eggs to ter viz. For last, we mix all the ingredients except eggs the huerm av no that we will grate it at the on top of the mixture.

Nutrients:

RECIPE

TUNA WITH ONIONS



Laura Garrido López

SERVES:

4

PREP TIMES:

35 min

COOK TIME:

25 min

Ingredients:

Tuna (500g)
Onions (2units)
Salt
Pepper
White wine (100ml)
Bay leaf
3 spoonfull of oil

Directions:

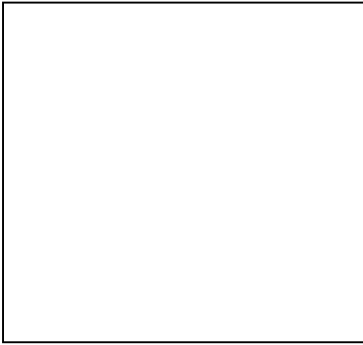
First, pour the oil into de pan and put it over low heat. Meanwhile, cut the onion in "julienne". Once chopped, we put it in the oil and stir it for 5 minutes. Next, we add the salt, pepper, the bay leaf and continue stirring. When the onion is a little poached, add some white wine and raise the heat so the alcohol evaporates. Finally, add the heat to medium and let the sauce thicken with the pan covered.

Nutrients:

Tuna provides us with proteins.
Onions and pepper provide us with vitamins and minerals.

RECIPE

YOGURT WITH FRUIT (Lucia.A)



SERVES:

2

PREP TIMES:

10 MIN



COOK TIME:

10 MIN



Ingredients:

One apple .
250g of yogurt .
One spoonful of honey.
4 cookies,
30 g of sunflower seeds.

Directions:

First, take a bowl and cut in the cookies.
Next, peel the apple and cut it into small pieces.
Then, add the yogurt and stir.
Next, leave it for two minutes to taste.
Finally, sprinkle the sunflower seeds and honey
AND READY

Nutrients:

Yogurt provides us with proteins and vitamins.
Apple provides us with vitamins and minerals.
Cookies and honey provide us with sugar.

RECIPE

LUCÍA'S CAT PIZZA (Lucía Luque-Romero Cabello)



SERVES:

2

PREP TIMES:

COOK TIME:

Ingredients:

- Pizza dough.
- Tomato sauce.
- Tuna.
- Sausages.
- Cheese.

Directions:

- First, heat the oven 180°C (10 min).
- After, unroll the pizza dough and spread some tomato sauce on top.
- Next, in a bowl, mix tomato sauce and tuna and add to the pizza.
- Decorate with sausages and cheese by drawing a cat face.
- Finally, put in the oven 180°C for (20 min).

Nutrients:

- Proteins, carbohydrates, mineral salts and healthy fats.

RECIPE

COUSCOUS WHIT VEGETABLES



Marta Torres Mata

SERVES:

4

PREP TIMES:

30 min

COOK TIME:

20 min

Ingredients:

Couscous

Water

Oil

Brecol

Carrot

Green pepper

Red pepper

Onion

A clove of galic

Directions:

Today, I am going to show you my favorite recipe: "couscous whit vegetables".

Firstly, in a pan, pour a small glass of water, wait for it to heat up but before it boils, add the couscous. Wait 3 minutes and remove it from the fire. Next, wash the vegetables chop them into small pieces and put them in a saucepan and saute yhem with a little bit of oil. When the vegetables are tender, add the couscous and stir it a little and it is ready to be served.

Nutrients:

Couscous: carbohydrates

Vegetables: vitamins and minerals

RECIPE

STUFFED AUBERGINE



SERVES:

4

PREP TIMES:

50 min

COOK TIME:

10 min

Ingredients:

2 aubergines
olive oil
1 clove of garlic
150g of onion
1 tomato
salt
half a teas poon of sugar
oregano
black pepper
2 cans of tuna
1 sliced cheese

Directions:

First, split the aubergine in two and remove the flesh.
Next, put it in the microwave fot about 10 minutes.
Mean while in a pan, add the oil, onion and garlic. It is heated until it browns. Once the onion and garlic are browned, add the aubergine meat and season with salt and pepper. After that, add the tomato and tuna.
Preheat all the ingredients and then, fill the aubergine.
Finally, we put the sliced cheese on top, season with a little oregano and put it in the oven to gratin.

Nutrients:

Aubergine and vegetables: vitamins and minerals. Tuna: proteins. Cheese: proteins and calcium

RECIPE

CARBONARA SPAGHETIES (Rocío)



SERVES:

4

PREP TIMES:

COOK TIME:

Ingredients:

Two cloves of garlic,
500ml of cream,
Beacon,
Oil and
Spaghetti.

Directions:

To start, throw one dripping of oil on a hot frayingn pan. Next, cut a garlic in piece. Fry it with the beacon. Later, let it fry for a while and pour the cream. Finally, boil the spaghetties and mix them with the souce.

Nutrients:

Beacon is a source of proteins. Spaghetties is a source of carbohydrates.

RECIPE

VEGETABLE STEW



Sergio Casado Narváez

SERVES:

4

PREP TIMES:

30 min

COOK TIME:

6 min

Ingredients:

Olive oil
1/2 Onion
2 small garlics
stock cube
Salt
a small amount of water
green bean
peas
carrot
Cauliflower
artichoke
asparragus
mushrooms

Directions:

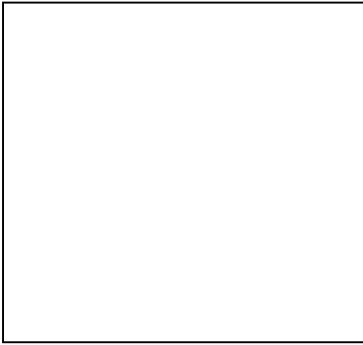
Clean and chop all the vegetables. In the fast cooker, put olive oil and add the chopped onion and garlic. Then let them brown a little bit. Take a mortar and put in salt stock cube and the garlic, one of them raw and the others browned. Add all the vegetables and the onion and mix. Add to the mortar a little bit of oil and close the pot. Cook for 5-6 minutes and it will be ready.

Nutrients:

Contains vitamins B1, B2, B3 and minerals

RECIPE

NOODLES WITH TUNA(Valeria Márquez Polo)



SERVES:

4

PREP TIMES:

COOK TIME:

Ingredients:

4-6 cloves of garlic
1 large onion
1 leek
1 red pepper
1 green pepper
4 tomatoes
1 spoonful and a half of salt
3 spoonful of olive oil
400g thick noodles
300g tuna loin
1 litre of water

Directions:

First, all the vegetables are peeled, washed and cutted.

Then in a large fryins pan, fry in this order: onion, garlic, leek and peppers. When they have porched, add the tomato.

Next, the noodles are added. When the water in the vegetables has evapored, they are stirred.

After that, add the water previously heated, add the salt.

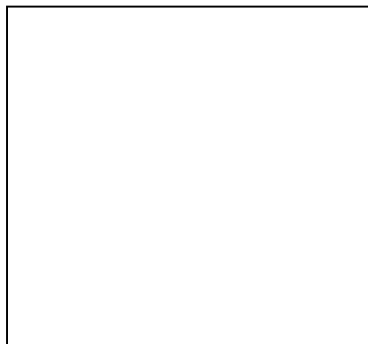
Finally add the chopped tuna and in a few minutes it will be ready to serve.

Nutrients:

Carbohydrates, vitamins and minerals and proteins

RECIPE

CHICKEN BABBECUE WITCH POTATOES (Victoria)



SERVES:

5

PREP TIMES:

COOK TIME:

Ingredients:

1 chicken

1 onion

half glass of wine

salt

5 potatoes

4 glasses of water

Directions:

-To start, take a clay pot and put the chicken.

-Next, cut the onion and add the water and wine.

-Meanwhi, remove the skin from the potatoes and wrap them in aluminium foil.

-Finaly, put them in the oven for ninety minutes.

-At the end of that time, take them out of the oven and servet it.

Nutrients:

Proteins, carbohydrates, mineral salt and healthy fast.

RECIPE

OATMEAL SOUP (África.a)



SERVES:

5

PREP TIMES:

COOK TIME:

Ingredients:

500g oatflour

Half packet of yeast

Anises

A pinch of salt

Warm water

Sugar

Oil

Directions:

- To start mix the oatmeal, the yeast and the aniseed.
- Next, add a glass of water and continue mixing.
- Then, make it a ball and make flat circles.
- Finally, put it in the pan with hot oil to fry them.
- Now, it's ready to serve. Enjoy it!!!

Nutrients:

- Flour is a source of carbohydrates

RECIPE

CHEESE CAKE (Álvaro Córdoba Fernández)



SERVES:

8

PREP TIMES:

COOK TIME:

Ingredients:

Base

22 biscuit

50g of butter

Cake

Three envelopes of curds

One glass of milk

Half glass of sugar

500ml of whipped cream

one tub of spread cheese

Directions:

To make the base, cut up the biscuit together with the butter and crush all. Then, add the envelope and put it in the fridge.

To make the cake, put a pot in the fire and pour all the ingredients. Once it starts to boil, remove from the fire and poured on the base that was in the fridge. Let cool room temperature. Finally put in the fridge for about 5 hours.

Nutrients:

Biscuits provides us with carbohydrates

Butter provides us with fats

Milk provides us with proteins and vitamins

cheese provides us with proteins