

# The Healthier I Eat the Better I Learn



Recipe Book

## Ingredients:

60 zucchini flower blooms  
2 cups rice  
1 finely chopped onion  
5 tbs finely chopped parsley  
4 tbs finely chopped fresh mint  
2 tbs finely chopped basil  
1 diced tomato  
1.5 cups grated tomato  
1/2 cup pine nuts  
1.5 tsp ground pepper  
One cup olive oil  
3 cups of water  
salt to taste  
dash of cinnamon (optional)



## The Recipe

1. Place the flowers in a large bowl of cold water and remove the stems. Drain the same.
2. In a bowl, mix together the rice, onion, parsley, mint, basil, tomato, passata, pine nuts, pepper, oil, salt and cinnamon (which is optional).
3. Using a spoon, stuff each flower with some mixture and fold over the ends of the petals.
4. Drizzle 2 tbs olive oil on the bottom of a large saucepan.
5. Arrange the flowers in a large saucepan in a circular pattern, side by side. It is better to use two saucepans, so there is only one level of flowers. If you pile the flowers on top of each other, the rice may be uncooked and overcooked. If you are concerned, simply cut the recipe in half.
6. Pour 1.5 cups of water in each saucepan, so that the water comes up to about half the height of the zucchini flowers.
7. Place a large plate covering the flowers on top. Place the saucepan on the stove on medium heat, cooking for about 20-25 minutes until most of the liquid has been absorbed.

## Make the recipe healthier:

- Use olive oil instead of any other vegetable oil, only 2-3 tablespoons.
- Do not add salt and enhance the taste by adding more of the herbs and spices

## Ingredients:

two pieces of chicken with skin on, chopped into slices

1 finely diced onion

1 tbs tomato paste

1/2 cup passata (or 1/4 cup passata and 1/4 cup water)

100 ml fresh cream

1 tsp paprika

1/2 tsp all spice berries

1/2 tsp pepper

1/2 tsp cinnamon

2 garlic cloves

1 cup of orzo

½ cup oil

salt to taste



## The Recipe

In a large pot, heat the oil. Add the chicken and brown the same on either side. Remove chicken, add 1 tbs olive oil, add the onions and garlic. Cook until soft. Add the tomato paste and stir together for a minute. Add the chicken back into the pot, and stir together. Add the passata (it should just about cover the chicken but not quite), the fresh cream paprika, all spice berries, pepper, cinnamon and salt to taste. Cook on low-medium heat for about 15-20 minutes ensuring the chicken is well cooked. Remove the tomato sauce from the pot. Pour water into the pot and add the 1 cup of orzo. Cook the orzo until ready, drain the liquid, and pour the sauce back into the pot. Serve with grated “anari” cheese on top

## Make the recipe healthier:

- Use chicken breast with no skin.
- Avoid the fresh cream altogether.
- Make sure the tomato paste is without salt.
- Use olive oil instead of any other vegetable oil.
- Do not add salt and enhance the taste by adding more of the herbs and spices

## **Ingredients:**

### ***for the filling:***

- 3 cups diced butternut squash (about 5mm cubes)
- 3 tbs uncooked bulgur wheat (bougouri)
- 3 tbs olive oil
- 2 tbs sugar
- 1 cup sultana raisins
- 1 tsp cinnamon
- 1/2 tsp salt
- 1/2 tsp pepper
- 1/2 tsp ground cloves

### ***for savoury add to the filling:***

- 1/2 finely chopped small onion
- 3 tbs finely chopped fennel

### ***for sweet add to the filling:***

- 1 tbs ground ginger
- 1 tbs ground nutmeg

### ***for the dough:***

- 4 cups flour (all purpose (00))
- 1 tbs freshly squeezed lemon juice
- 1 tsp salt
- 1/2 cup oil
- 1/2 cup warm water
  
- 1 egg and 1 tbs water mixed together for egg wash



## The Recipe

1. The night before, prepare your sweet or savoury filling. Add ingredients together in a bowl and place in the fridge overnight, or (if you don't want to wait) for at least 2 hours so that the bulgur wheat absorbs the liquid.
2. Preheat oven to 190C and prepare baking sheets with baking paper.
3. Prepare the dough. Mix the flour with oil with your fingers so that the flour absorbs the olive oil. Add the lemon juice, salt, warm water and mix together. Add more flour and/or warm water so that you can form a dough ball. Form a ball, cover with plastic wrap and a towel and let it rest for 30 minutes.
4. Roll the dough out thinly with a rolling pin on a lightly floured circle. The dough may be a bit hard, but you will eventually succeed in rolling it out – persist! With a side plate, cut out circles like in the picture above. Place about 2 tbs of filling per circle (or a bit more so long as you can close the circle). Brush egg wash on the end of half of the inside circle. Close the circle together to form a half moon shape (as in the picture above), pressing the edges tightly together. (Ensure you do this properly or the pies will break open in the oven). Let pies rest for about 15 minutes before placing into the oven.
5. Brush the top of each pie with egg wash and with a knife, poke a little hole on top of each kolokote before placing into the oven. Sprinkle some salt & pepper or sugar on top of each pie – depending on whether you make the savoury or sweet recipe.
6. Bake for about 25 to 30 minutes. Keep an eye on the pies and take them out when the tops are a golden brown, before they begin to burn.

### Make the recipe healthier:

- Choose olive oil instead of any other oil.
- Use less raisins to reduce the sugar content

## Ingredients:

1 & 1/2 cups dried chickpeas (soaked overnight)  
1 medium red onion, sliced  
1 teaspoon Tomato Paste  
1/2 can Chopped Peeled Tomatoes  
1/4 cup Passata  
1 fresh tomato, sliced  
1 bouillon cube  
1 pinch sugar  
salt & pepper to taste  
1 cup vegetable oil  
1 & 1/2 cups of the broth in which the chick peas are boiled



## The Recipe

Discard the chickpea soaking water. Boil the chick peas for twenty minutes. Preheat the oven to 175C. In a large cast iron pan, drizzle oil to coat the bottom. Using a slotted spoon, transfer the chick peas into the pot. Add the tomato paste, crushed tomatoes, passata, sugar, bouillon cube and salt and pepper. Scatter the sliced red onion and tomato on top. Add the oil and the broth. Cover with the pot with a lid and place in the oven for 1 & 1/2 hours or until done. They are done when they are soft and not crunchy when eaten.

### Make the recipe healthier:

- Instead of 1 cup vegetable oil use 2-3 tablespoons of olive oil.
- Instead of the bouillon cube use herbs such as 2 sliced medium cloves of garlic, 1 dry bay leaf and 2 fresh sprigs of thyme.

## Ingredients:

10 cups of water

2 cups of cornstarch (you are technically supposed to use something called niseste flour which is a finer corn flour)

4 heaped tbs sugar

1 tbs rosewater, rose cordial & water

to taste when serving



## The Recipe

1. In a very large pot add 8 cups water, cornstarch, sugar and rosewater (optional). Whisk thoroughly until the mixture thickens and begins to bubble.
2. When the mixture begins to bubble, add the remaining cups of water and stir in.
3. Once the water has been stirred in, remove the mixture from heat and pour into small bowls. Make sure to add just a touch of water to the bottom of each small bowl as this makes it easier to remove the mahalepi when serving it.
4. Let the mahalepi cool and set. Then place the bowls in the fridge until it is cool and ready to be served. Serve by adding ice cold water to cover the mahalepi and adding rose cordial and sugar to taste. It should be sweet and ice cold when served!

### Make the recipe healthier:

- Use rose cordial without sugar (with stevia) or
- Avoid rose cordial and add rose water and only a small quantity of sugar or stevia for the sweet taste