
EU GREEN
EUROPEAN ALLIANCE
FOODLOOP
EUGREEN
bites
Healthy & Sustainable
Student Recipes
Co-funded by
the European Union

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The cookbook origin

What happens when nine universities from across Europe sit down at the same table?

EU GREEN is a European university alliance linking nine universities, from Ireland to Romania and from Sweden to Portugal, around a shared goal: a more sustainable, healthy and inclusive future. One of its work areas is the Sustainable and Healthy Campus (Work Package 8), where we asked a simple question: what would it take for food on campus to be good for people and the planet?

The answer became the **Food Loop**, a student-led living lab that connects the whole journey of food on campus. We grow it in community gardens, cook it in canteens, learn from it in workshops and measure what happens to it, from sourcing to waste. Every step feeds the next.

EUGREEN bites is where the loop reaches your plate. We invited students at all nine universities to share recipes that are tasty, affordable and kinder to the planet. Every recipe is analysed for nutrition, and carries an estimate of its carbon footprint, so a good choice is easy to spot.

What came back is a collection as varied as our campuses: family favourites, student classics and local seasonal ingredients, all from nine countries.

Cook one, share one, and close the loop with us.

Foreword

Food is much more than what we eat. It connects our health, our cultures, our communities and the environment. This cookbook brings together recipes from across EU GREEN, showing our diversity and how healthy and sustainable food can also be simple and enjoyable.



But I believe universities should go beyond sharing good recipes. We have a responsibility to become real examples of healthy and sustainable food practices, using seasonal and local products, supporting local producers and short food supply chains, and reducing food waste.

This also means raising awareness, involving students and staff, and making sure that everyone has access to healthy and sustainable meals, whatever their personal circumstances.

I hope this cookbook inspires us to try new dishes, but also to think about what more we can do in our universities to support healthier people, communities and a more sustainable future.

Antonio Román Casas

EU GREEN ALLIANCE General Manager, University of Extremadura

Meet the team



Beatrice Biasini is currently an Assistant Professor in Human Nutrition at the Department of Food and Drug, University of Parma. Beatrice's research focuses on the eating habits and behaviour of different population groups, with particular reference to adherence to the Mediterranean Diet and environmental sustainability. She is involved in observational and intervention studies aimed at investigating and promoting nutritional knowledge and food sustainability in healthy subjects. She is a member of the Italian Society of Human Nutrition and collaborates within The Need for Nutrition Education/Innovation Programme (Cambridge, UK). Together with Francesca, Beatrice was responsible for calculating the nutritional values and CO_2 footprint of the recipes.



Leticia Januario is a researcher in occupational health at the University of Gävle, with a PhD in physiotherapy. Her research focuses on physical behaviours at work and on how psychosocial and physical workplace factors together affect health, including musculoskeletal pain. She leads a research project on psychosocial safety climate and sickness absence among eldercare workers and contributes to Work Package 8 (Sustainable and Healthy Campus) of EU GREEN. Leticia coordinated the Food Loop project.



Francesca Scazzina is a Full Professor of human nutrition at the Department of Food and Drug, University of Parma. Since 2009, Francesca acquired a deep experience in educational health learning programs and children population surveys. She is a member of the Italian Society of Human Nutrition, Senior Collaborator of The Need for Nutrition Education/Innovation Programme (Cambridge, UK), member of the scientific committee of Giocampus Project, and member of the scientific committee of the Parma UNESCO City of Gastronomy Foundation. Moreover, she is co-founder and Scientific Coordinator of Madegus, a former university spin-off focused on developing strategies and tools to improve nutritional knowledge, dietary habits and lifestyle. Together with Beatrice, Francesca was responsible for calculating the nutritional values and CO_2 footprint of the recipes.



Linda Cenedese holds a bachelor's degree in Biology and is currently in her final year of the Human Nutrition programme at the University of Parma. Curious and passionate, she has a keen interest in nutrition, as well as fitness, cooking and the world of catering. Linda loves sourcing fresh produce from small-scale producers and local farmers, prioritising sustainability and the variety of combinations she can create on the plate. In the future, she hopes to guide people towards a healthy relationship with food and to promote the importance of nutrition for personal health and wellbeing. Together with Beatrice and Francesca, Linda was responsible for calculating the nutritional values and CO_2 footprint of the recipes

Fanny Nilsson, an industrial designer student at the University of Gävle, was responsible for the cookbook layout.

UNIVERSITÀ DI PARMA

HÖGSKOLAN I GÄVLE

Methodology

For each recipe, the energy and nutrient content as well as the environmental impact are expressed per serving or unit of consumption. In some cases, the ingredient quantity to use was not originally specified by the university students involved in the cookbook development, therefore an estimate was made with the help of artificial intelligence platforms or similar recipes available on the web.

Nutritional assessment

The Food Composition Database for Epidemiological Studies in Italy provided by the European Institute of Oncology (IEO) (Gnagnarella et al, 2022) has been used to evaluate the energy and nutrient composition of the recipes. The content of energy, proteins, fats, saturated fatty acids, total carbohydrates, sugars, fibre and salt was calculated for each recipe by summing the values of the indicated ingredients. In case of missing food items in the dataset, a similar product was selected (e.g., "parsnip", which is not included in the dataset, has been substituted with "potatoes"). For each recipe, the energy and nutrient values are reported in a table together with the percentage contribution to the reference intakes provided for adults as Part B of the European Regulation no. 1169/2011 (Table 1). To define the share for the DRV for fiber, the adequate intake (AI) of 25 g/day proposed by EFSA has been applied as reference.

Table 1. Reference intakes for energy and selected nutrients other than vitamins and minerals (adults)".

Energy or nutrient	Reference intake
Energy	8400 kJ/2000 kcal
Total fat	70 g
Saturates	20 g
Carbohydrate	260 g
Sugars	90 g
Protein	50 g
Salt	6 g

Source: European Regulation no. 1169/2011.

Enviromental assessment

The environmental impact for each recipe has been assessed in terms of carbon footprint (kg CO2 equivalent) for total weight of ingredients, by applying the SU-EATABLE LIFE (SEL) dataset of food commodities, which collects GHG emissions linked to production and the subsequent steps of the supply chains of food commodities, up to distribution (Petersson et al., 2021). As suggested by the authors of the SEL dataset, in case of missing ingredients, the median value of the reference food category was applied (e.g., the item "vinegar" is not present in the SEL dataset and was replaced with the median value of "dressing" category).

To provide the reader with a meaningful interpretation of the carbon footprint calculations, the obtained values have been converted into the number of km travelled by car. For the conversion, official data sourced by the Department for Environment, Food and Rural Affairs (DEFRA) have been used, by considering a medium hybrid car with an emission of CO2 per unit equal to 0.11603 kg CO2e. In addition, the climate sustainability of the recipes was determined by considering a maximum of 1000 g CO2e as the cut-off to define a sustainable (entire) meal, as proposed within the SU-EATABLE LIFE project. Therefore, the following categories have been established:

○ ○ ○ ○ ○ **Very low** (≤ 0.2 kg CO2 eq)

● ○ ○ ○ ○ **Low** (0.2-0.4 kg CO2 eq)

● ● ○ ○ ○ **Medium-low** (0.4 - 0.6 kg CO2 eq)

● ● ● ○ ○ **Medium** (0.6-0.8 kg CO2 eq)

● ● ● ● ○ **Medium-high** (0.8-1.0 kg CO2 eq)

● ● ● ● ● **High** (> 1.0 kg CO2 eq)

Dietary advice and nutrition tips

Energy needs differ among individuals as they vary according to various factors such as age, gender, lifestyle and physical activity. Also, the timing and the number of meals during the day can differ based on working constraints or lifestyle habits. In the absence of specific needs, it is advisable to distribute the daily energy content into 5 meals, 3 main meals and 2 snacks, as proposed in Figure 1. By considering a daily energy (En) requirement of 2000 kcal (EU Regulation 1169/2011) associated to an average adult, the suggested energy ranges or cut-offs for each consumption occasion would be 300-400 kcal for breakfast, 100 kcal for snacks, 700-800 kcal for lunch, and 600-700 kcal for dinner.

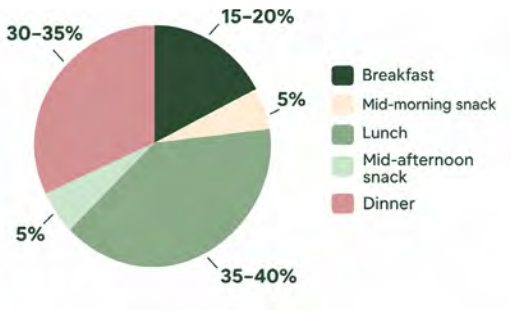


Figure 1. Share of daily energy content by consumption

Simple habits to preserve human and planetary health

A healthy and environmentally sustainable diet is one of the most effective ways to protect both our health and the environment. Small changes in our daily food choices can help reduce the impact of the food system on the planet while maintaining a high nutritional quality.

The first recommendation is to **increase the consumption of fruits and vegetables**. These foods are rich in vitamins, minerals, and fiber and generally have a relatively low environmental impact. Whenever possible, it is advisable to choose fresh, seasonal produce and limit foods that require long-distance transportation, intensive refrigeration, or cultivation in heated greenhouses.

Choosing local and seasonal foods is another important strategy. Consuming products during their natural growing season helps reduce the resources needed for storage and preservation while supporting more sustainable food supply chains.

A sustainable diet also involves **avoiding excess consumption**. Eating only the amount of food our bodies need helps reduce food waste and unnecessary demand for food production, while supporting healthy body weight and lowering the risk of chronic diseases.

Particular attention should be given to protein sources. **Replacing animal proteins**, especially beef, more often with legumes, whole grains, and other plant-based foods can significantly reduce the environmental impact of the diet. In addition, plant-based protein sources generally provide more fiber and less saturated fat, contributing to better cardiovascular health.

The choice of grains also matters. **Whole grains** usually require less industrial processing than refined grains and retain a greater proportion of their natural nutrients. Whole-grain bread, pasta, and cereals are therefore beneficial choices for both health and environmental sustainability.

Fish remains a valuable food because of its content of omega-3 fatty acids, but it is important to **choose seafood from sustainable sources and to consume it in moderation**, about once or twice a week, helping to preserve marine ecosystems while meeting nutritional needs.



Source: EUFIC, 2023.

Dairy products can be part of a balanced diet when consumed in appropriate amounts. **Lower-fat dairy products** should be preferred, while high-fat cheeses should be eaten less frequently. This approach helps ensure an adequate intake of calcium and high-quality protein without excessive environmental burden.

Food packaging choices also play an important role. R**educing the purchase of unnecessarily packaged products** and preferring recyclable, reusable, or biodegradable materials can help decrease waste generation and environmental pollution.

Finally, when safe and readily available, **tap water** is a sustainable alternative to bottled water. It reduces plastic consumption, transportation-related emissions, and costs, while still providing a high standard of quality and safety.

By adopting these simple habits, individuals can improve their own health while contributing to the protection of the planet's resources for future generations.

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Glossary

Abbreviations

Teaspoon	tsp
Tablespoon	tbsp
Millilitre	ml
Decilitre	dl
Litre	L
Gram	g
Kilogram	kg
Centimetre	cm
Minute / Hour	min / h
Watt	W

Weight

Metric	Imperial
15 g	½ oz
25 g	1 oz
50 g	2 oz
100 g	3½ oz
200 g	7 oz
250 g	9 oz
340 g	12 oz
400 g	14 oz
450 g	1 lb
1 kg	2.2 lb

Volume

Measure	Metric
1 tsp	5 ml
1 tbsp	15 ml
1 dl	100 ml
1 cup	240 ml
1 L	10 dl = 1000

Cooking terms

Al dente: Pasta cooked until still slightly firm to the bite

Blanch: Briefly boil, then cool quickly in cold water

Caramelise: Cook until sugar or onions turn golden-brown and sweet

Dice: Mince cut into small cubes / chop very finely

Fold: Gently mix a light ingredient (e.g. beaten egg whites) into a heavier one

Knead: Work dough by pushing and folding it

Proof: Let yeast dough rest and rise

Purée: Blend until completely smooth

Reduce: Boil a liquid until it thickens and gains flavour

Sauté: Fry quickly in a little oil over medium-high heat

Simmer: Cook gently, just below boiling point

Zest: The thin coloured outer peel of citrus fruit

Scale

Words written	Low	Medium	High
Prep time (hands-on only)	up to 15 min	16–30 min	over 30 min
Cook time	up to 20 min	21–45 min	over 45 min
Difficulty	basic skills	some technique	experienced cook

Conventions

- **Prep time** counts hands-on time only. Waiting time (resting, marinating, rising, chilling) is shown separately in the last column.
- **Cook time** is the total time on the heat or in the oven, including boiling or roasting components. "None" means no cooking is needed.
- **Where the contributor gave a range**, the upper end decides the level (for example 25/30 min is graded as 30 min, "easy/medium" as Medium).
- **Contributors' own words** ("short", "medium", "long") were converted to minutes using the method steps and then graded on the scale above.
- **Difficulty** reflects technique, not time.

Image credits: The images in this cookbook are from the contributors' personal archives and Pexels, with occasional use of AI-generated imagery.

Introduction

As Healthy Campus Coordinator at Atlantic Technological University, I am delighted to introduce this EU GREEN Food Loop Cookbook, created by students for students across our nine partner universities.

The idea for this cookbook emerged through the Food Loop initiative and our shared exploration of how universities can support healthier and more sustainable food systems. We wanted to create something practical that students could use in their everyday lives, while also providing an opportunity for students to share recipes, traditions and ideas across our European university community. The recipes featured here reflect the diversity and creativity of students from across the EU GREEN alliance.

A health-promoting university considers health, wellbeing and sustainability in everything it does, recognising that the wellbeing of people and the planet are closely connected. It goes beyond providing health information or individual initiatives and instead takes a whole-university approach, recognising how our cultures, environments and everyday experiences influence health and wellbeing.

This approach reflects the principles of the Okanagan Charter for Health Promoting Universities and Colleges, which calls on universities to embed health into all aspects of campus life and to lead health promotion through collaboration and action. It also recognises the close relationship between human health and environmental sustainability. The way we produce, purchase, prepare and consume food affects our health, our communities and our environment.

The Food Loop Cookbook brings these principles to life. It contains recipes contributed from across the EU GREEN alliance, reflecting different cultures, ingredients and food traditions. Many recipes make thoughtful use of seasonal produce, plant-based ingredients and foods that might otherwise go to waste, while others offer affordable and nutritious meals suited to student life.

The cookbook also highlights the value of student participation. Students have shaped this resource rather than simply being its intended audience. Their contributions demonstrate how knowledge, culture and experiences can be shared across countries and campuses, while reminding us that food is also about connection, belonging and enjoyment.

Through EU GREEN, our universities are working together to advance sustainability in education, research, innovation and society. This cookbook is one example of that collaboration in action. I would like to sincerely thank all the students and colleagues across the EU GREEN alliance who contributed recipes, ideas and inspiration to this collection.

Your enthusiasm, creativity and willingness to share a part of your culture and experience have made this cookbook possible.

I hope this cookbook encourages staff and students to try new recipes, build confidence in the kitchen and recognise how everyday food choices can support personal wellbeing, strengthen our campus communities and contribute to a more sustainable future.

Yvonne Kennedy

Healthy Campus Coordinator, Atlantic Technological University

Breakfast



RICE PUDDING

Milchreis - Milk rice

RECIPE BY UNIVERSITY OF MAGDEBURG

Servings: 4-5

Prep time: Low

Cook time: Medium

Difficulty: Low

0,42 kg CO_2 eq per serving

Ingredients

- 2 cups short grain rice (sushi rice works perfectly)
- 4-6 cups cow milk (or almond/oat/coconut milk)
- 1 tsp sugar
- Vanilla sugar/extract, to taste
- 30 g applesauce/canned cherries or other fruit
- Cinnamon sugar, to taste



Method

1. Bring the rice, milk, and sugar to a boil on medium to high heat while stirring constantly.
2. Cook down for about 30 minutes until it is really soft and creamy, making sure to stir constantly to prevent burning.
3. Serve it hot with applesauce or canned cherries with the juice, and sprinkle cinnamon sugar on top.

Nutritional values

Average values:	Per serving:	%RI per serving:
Energy	537 kcal	27%
Fat	9,4 g	14%
Saturated fat	5,4 g	27%
Carbohydrates	103,7 g	40%
Sugars	23,5 g	26%
Fibers	1,3 g	5%**
Protein	15,1 g	30%
Salt	0,3 g	6%

*reference intake for adults (Reg EU 1169/2011);
**calculated based on fiber adequate intake provided by EFSA.

APPLE CARROT SALAD

with bread rolls

RECIPE BY UNIVERSITY OF MAGDEBURG

Servings:	Prep time:	Cook time:	Difficulty:	
4 (10 pcs)	Medium	Medium	Low	0,35 kg CO_2 eq per serving

Ingredients

Salad:

- 3 large carrots
- 2 small apples
- 1 tbsp apple cider vinegar
- 1 tbsp vegetable oil
- 1 tbsp honey or agave syrup
- 2 tbsp lemon juice
- Salt & pepper, to taste

Rolls:

- 370 g spelt flour or other flour of choice
- 1 tsp salt
- 1 pinch sugar
- 1 packet baking powder
- 1 egg
- 250 g Skyr yoghurt (or substitute)
- Toppings of choice: sunflower seeds, pumpkin seeds, cheese, etc.



Method

1. Wash and peel the carrots and apples.
2. Grate the carrots first, then the apples.
3. Add the apple vinegar, oil, honey/agave syrup, lemon juice, salt, and pepper.
4. Leave to marinate overnight to make the salad even juicier.
5. Preheat the oven to 200°C (top/bottom heat) or 180°C (fan).
6. In a bowl, mix the flour, salt, sugar, and baking powder.
7. Add the egg and Skyr; knead everything into a smooth dough.
8. Divide the dough into 10 portions and shape them into balls.
9. Sprinkle the rolls with your toppings of choice.
10. Bake the rolls for about 20-25 minutes until golden brown.

Nutritional values

Average values:	Per serving:	%RI per serving:
Energy	503 kcal	25%
Fat	13,0 g	19%
Saturated fat	4,2 g	21%
Carbohydrates	77,6 g	30%
Sugars	17,8 g	20%
Fibers	12,2 g	49%**
Protein	17,7 g	35%
Salt	3,0 g	49%

*reference intake for adults (Reg EU 1169/2011);
**calculated based on fiber adequate intake provided by EFSA.

PORTUGUESE RICE PUDDING

Arroz Doce

RECIPE BY UNIVERSITY OF ÉVORA

Servings: 8

Prep time: Low

Cook time: High

Difficulty: Medium

●○○○○

0,24 kg CO_2 eq per serving

Ingredients

- 200 g Carolino rice (cooked or uncooked)
- 500 ml water
- 1 pinch salt
- 1 L semi-skimmed milk
- 1 cinnamon stick
- Zest of 1 lemon
- 150 g brown sugar
- 3 egg yolks (optional)
- Ground cinnamon, for sprinkling, to taste



Method

1. Cook the rice in the salted water until the water is absorbed (or skip this step if using leftover cooked rice).
2. Add the hot milk, cinnamon stick, and lemon zest (or peel) to the rice. Cook, stirring constantly, to prevent sticking and curdling.
3. Add the sugar. If using the optional egg yolks, slowly add them now while stirring constantly to avoid curdling. Continue cooking until the mixture thickens.
4. Remove the cinnamon stick and lemon zest. Serve the pudding in bowls, topped with a generous sprinkle of ground cinnamon.

Nutritional values

Average values:	Per serving:	%RI per serving:
Energy	239 kcal	12%
Fat	4,2 g	6%
Saturated fat	1,9 g	9%
Carbohydrates	45,8 g	18%
Sugars	25,7 g	29%
Fibers	0,4 g	2%**
Protein	7,3 g	15%
Salt	0,2 g	3%

*reference intake for adults (Reg EU 1169/2011);
**calculated based on fiber adequate intake provided by EFSA.

TÉCULA MÉCULA

Almond cake

RECIPE BY UNIVERSITY OF EXTREMADURA

Servings:
8

Prep time:
Medium

Cook time:
Medium

Difficulty:
Medium

0,13 kg CO_2 eq per serving

Ingredients

- 200 g ground almonds
- 200 g sugar
- 6 egg yolks
- 1 egg white
- 1 tbsp flour
- Zest of 1 lemon



Method

1. Beat the egg yolks and sugar together until the mixture is light and creamy. Add the flour, lemon zest, and ground almonds, mixing until just combined.
2. Whisk the single egg white until soft peaks form, then gently fold it into the almond batter to lighten the texture.
3. Pour the batter into a greased pan and bake at 180°C (350°F) for 25–30 minutes, or until a toothpick inserted into the center comes out clean.
4. Let cool completely before unmolding and serving.

Nutritional values

Average values:	Per serving:	%RI per serving:
Energy	298 kcal	15%
Fat	17,3 g	25%
Saturated fat	2,5 g	13%
Carbohydrates	28,6 g	11%
Sugars	27,2 g	30%
Fibers	3,7 g	15%**
Protein	7,0 g	14%
Salt	0,0 g	1%

*reference intake for adults (Reg EU 1169/2011);
**calculated based on fiber adequate intake provided by EFSA.

DARK CHOCOLATE TARTE

Almond crust base

RECIPE BY ATU

Servings:	Prep time:	Cook time:	Difficulty:	
15	Medium	Low	Low	0,16 kg CO_2 eq per serving

Ingredients

Crust:

- 300 g almond flour
- 35 g cocoa powder
- 35 g coconut oil
- 63 g honey
- 2.5 g salt

Filling:

- 450 g dark chocolate
- 360 g coconut milk
- 5 g vanilla extract
- 1.3 g salt



Method

1. Preheat oven to 175°C (350°F or Gas Mark 4).
2. Stir together all crust ingredients in a bowl until evenly combined. Firmly press the crust mixture evenly into the bottom of a pie dish. Bake for 12 minutes or until firm to the touch.
3. For the filling: heat the coconut milk in a saucepan until simmering. Place the dark chocolate in a bowl, pour the hot coconut milk evenly over it, wait 30 seconds, and then slowly stir the chocolate (using a rubber spatula) until it's completely melted and smooth. Stir in the vanilla extract and salt until combined.
4. Pour the chocolate filling into the baked crust, and evenly smooth the top.
5. Chill in the fridge for AT LEAST 2 hours before serving.

Nutritional values

Average values:	Per serving:	%RI per serving:
Energy	387 kcal	19%
Fat	29,8 g	43%
Saturated fat	14,5 g	72%
Carbohydrates	20,3 g	8%
Sugars	19,9 g	22%
Fibers	6,1 g	24%**
Protein	7,4 g	15%
Salt	0,3 g	5%

*reference intake for adults (Reg EU 1169/2011);
**calculated based on fiber adequate intake provided by EFSA.

RHUBARB & GINGER/APPLE CRUMBLE

A classic dessert

RECIPE BY ATU

Servings: 8

Prep time: Medium

Cook time: High

Difficulty: Low

0,21 kg CO_2 eq per serving

Ingredients

- 650 g rhubarb
- 25 g butter (for rhubarb)
- 600 g Bramley apples
- 100 g sugar
- 0.9 g ginger
- 5 g vanilla extract
- 85 g butter
- 100 g plain flour
- 60 g oats
- 100 g brown sugar



Method

1. Preheat Oven to 180°C.
2. Melt butter in a pan, add rhubarb, ginger, vanilla, and caster sugar; cook for 5-10 minutes until the rhubarb softens. Add granulated sugar and transfer to a greased baking/pie dish.
3. Omit the first step (rhubarb cooking). Add sliced apples and vanilla to the greased baking dish with granulated sugar mixed with a teaspoon of cinnamon.
4. Rub the flour and butter together with brown sugar to make fine breadcrumbs. Add the oats and mix in. Keep chilled until ready to use.
5. Spread the crumble topping over the fruit and bake in the pre-heated oven for 35 to 40 minutes until golden brown.

Nutritional values

Average values:	Per serving:	%RI per serving:
Energy	313 kcal	16%
Fat	12,3 g	18%
Saturated fat	6,8 g	34%
Carbohydrates	48,4 g	19%
Sugars	34,5 g	38%
Fibers	3,6 g	14%**
Protein	3,0 g	6%
Salt	0,1 g	1%

*reference intake for adults (Reg EU 1169/2011);
**calculated based on fiber adequate intake provided by EFSA.

GUT-HEALTHY CARROT HALWA

with oats & white beans

RECIPE BY ATU

Servings:	Prep time:	Cook time:	Difficulty:	
1	Low	Medium	Low	0,53 kg CO_2 eq per serving

Ingredients

- 200 g grated carrot
- 80 g pureed cooked white beans (optional)
- 30 g rolled oats
- 200 ml low-fat milk or oat milk
- 30 g jaggery or maple syrup, adjust to taste
- 1 g cardamom powder
- 5 g butter
- 10 g crushed almonds or sunflower seeds
- 5 g raisins (optional)



Method

1. In a pan, heat the butter and sauté the grated carrots for 5–6 minutes.
2. Add the oats, bean puree, and milk. Simmer on low heat until it thickens (~10–15 min).
3. Stir in the jaggery/maple syrup and cardamom powder.
4. Continue to cook until it becomes slightly sticky and achieves a halwa-like consistency.
5. Garnish with crushed almonds and raisins. Serve warm or cold.

Nutritional values

Average values:	Per serving:	%RI per serving:
Energy	660 kcal	28%
Fat	15,6 g	22%
Saturated fat	5,2 g	26%
Carbohydrates	85,0 g	33%
Sugars	60,9 g	68%
Fibers	15,9 g	64%**
Protein	17,4 g	35%
Salt	1,4 g	23%

*reference intake for adults (Reg EU 1169/2011);
**calculated based on fiber adequate intake provided by EFSA.

PANDEBO

Coulombian bread

RECIPE BY UNIVERSITY OF ANGERS

Servings:
10 psc
(1 psc = 1 serving)

Prep time:
Medium

Cook time:
Low

Difficulty:
Low

0,17 kg CO_2 eq per serving

Ingredients

- 2 cups cornmeal
- 1 cup cassava starch (or tapioca starch)
- 1 cup grated curd cheese or fresh cheese
- 2 eggs (or substitute 1 egg with 1 tbsp butter)
- 1 tsp baking powder
- 1 pinch salt



Method

1. Preheat oven to 200°C (390°F).
2. In a large bowl, mix cornmeal, cassava starch, salt, and baking powder.
3. Add the cheese and mix until evenly combined. Add the eggs and knead until a soft, pliable dough forms.
4. With oiled hands, shape the dough into small balls and place on a baking sheet.
5. Bake for 15–20 minutes or until golden brown.

Nutritional values

Average values:	Per serving:	%RI per serving:
Energy	182 kcal	9%
Fat	5,2 g	7%
Saturated fat	2,6 g	13%
Carbohydrates	30,6 g	12%
Sugars	0,5 g	1%
Fibers	0.8 g	3%**
Protein	4,6 g	9%
Salt	0,6 g	9%

*reference intake for adults (Reg EU 1169/2011);
**calculated based on fiber adequate intake provided by EFSA.

GOURMET GRANOLA

with coconut

RECIPE BY UNIVERSITY OF ANGERS

Servings: 1

Prep time: Low

Cook time: Low

Difficulty: Low

●○○○○

0,29 kg CO_2 eq per serving

Ingredients

- 3 tbsp rolled oats
- 1 tbsp brown sugar
- 1 tbsp grated coconut
- ½ apple or pear (diced)
- 3 tbsp Greek yogurt



Method

1. In a dry pan, toast the oats, sugar, and coconut over medium-high heat, stirring constantly.
2. Remove from heat once the mixture starts to caramelize—do not let it burn!
3. Let the granola cool completely.
4. Layer the granola, fruit, and fromage frais in a glass or bowl. Note: Store extra granola in an airtight container for up to a week—ideal for quick breakfasts.

Nutritional values

Average values:	Per serving:	%RI per serving:
Energy	303 kcal	15%
Fat	13,0 g	19%
Saturated fat	7,7 g	38%
Carbohydrates	39,2 g	15%
Sugars	23,3 g	26%
Fibers	4,2 g	17%**
Protein	7,4 g	15%
Salt	0,2 g	3%

*reference intake for adults (Reg EU 1169/2011);
**calculated based on fiber adequate intake provided by EFSA.

CRÉMET D'ANJOU

A fluffy, local delicacy

RECIPE BY UNIVERSITY OF ANGERS

Servings:	Prep time:	Cook time:	Difficulty:	
2	Low	None	Medium	0,49 kg CO_2 eq per serving

Ingredients

- 150 ml full cream
- 5 g caster sugar
- 1 vanilla pod
- 1 egg white
- 1 pinch salt
- Red fruit coulis (for serving)



Method

1. In a chilled bowl, whip the cream with the sugar and vanilla seeds until stiff peaks form.
2. In a separate bowl, whisk the egg white with the salt until stiff.
3. Gently fold the egg white into the whipped cream in two stages, keeping the mixture airy.
4. Line a mold with cheesecloth or gauze, pour the mixture in, and refrigerate for at least 3 hours.
5. Unmold and serve with red fruit coulis.
6. Note: For best results, chill the bowl and beaters beforehand to help the cream whip faster and hold its shape.

Nutritional values

Average values:	Per serving:	%RI per serving:
Energy	285 kcal	14%
Fat	22,5 g	32%
Saturated fat	13,1 g	65%
Carbohydrates	16,9 g	7%
Sugars	16,9 g	19%
Fibers	0,4 g	2%**
Protein	3,7 g	7%
Salt	0,6 g	5%

*reference intake for adults (Reg EU 1169/2011);
**calculated based on fiber adequate intake provided by EFSA.

GRUSZLOTKA

Pear pie with lemon peel

RECIPE BY WROCŁAW UNIVERSITY OF ENVIRONMENTAL AND LIFE SCIENCES

Servings:
12

Prep time:
Low

Cook time:
High

Difficulty:
Medium

0,12 kg CO_2 eq per serving

Ingredients

- 200 g spelt flour type 630
- 200 g oat flour or oat flakes
- 3-5 tablespoons butter
- 100 g sugar or erythritol
- 2 tablespoons potato starch
- 1 tablespoon powdered sugar
- 0.5 tablespoon baking powder
- 1 teaspoon cinnamon (optional)
- 1.5 kg pears
- 1 tablespoon potato starch
- 3 tablespoons sugar or erythritol or stevia or honey
- peel of 1 lemon
- lemon juice



Method

1. Mix dry dough ingredients, then gradually add butter and mix by hand until smooth and moist.
2. Peel and dice the pears. Cook in a pot with water, sweetener, and lemon peel until soft and thickened with potato starch.
3. Press ¾ of the dough into a lined baking pan and pre-bake at 180°C for 10-15 minutes.
4. Place the cooled filling on the pre-baked dough. Crumble the remaining dough over the fruit and bake for another 50-60 minutes.

Nutritional values

Average values:	Per serving:	%RI per serving:
Energy	261 kcal	13%
Fat	6,0 g	9%
Saturated fat	2,8 g	14%
Carbohydrates	46,2 g	18%
Sugars	22,4 g	25%
Fibers	7,7 g	31%**
Protein	4,5 g	9%
Salt	0,1 g	2%

*reference intake for adults (Reg EU 1169/2011);
**calculated based on fiber adequate intake provided by EFSA.

BAKED PACZKI

Polish doughnuts with cocoa-flavoured filling

RECIPE BY WROCŁAW UNIVERSITY OF ENVIRONMENTAL AND LIFE SCIENCES

Servings:
8 psc
(1 psc = 1 serving)

Prep time:
High

Cook time:
Medium

Difficulty:
Medium

0,15 kg CO_2 eq per serving

Ingredients

Dough:

- 250 g wheat flour
- 50 g butter
- 40 g granulated sugar
- 20 g fresh yeast or 7 g instant yeast
- 100 ml milk
- 2 egg yolks
- 1 pinch of salt

Filling:

- 80 g dried or fresh dates
- 40 g hazelnuts
- 15 g flax seed
- 1-2 tablespoons cocoa
- 1 tablespoon honey (optional)
- 50-100 ml milk



Method

1. Activate yeast and let it sit for 20 minutes.
2. Knead with remaining dough ingredients for 5 minutes, then proof covered for one hour.
3. Divide dough into 14 parts, form into balls, and proof on a baking sheet for another 20 minutes.
4. Bake paczkis at 180°C for 20-25 minutes.
5. Blend hazelnuts and flax seed. Add softened dates (soak dried dates first), cocoa, and milk; blend until preferred consistency is reached.
6. Fill baked paczkis with the prepared filling.

Nutritional values

Average values:	Per serving:	%RI per serving:
Energy	272 kcal	14%
Fat	12,6 g	18%
Saturated fat	4,7 g	23%
Carbohydrates	31,8 g	12%
Sugars	12,7 g	14%
Fibers	4,4 g	18%**
Protein	7,6 g	15%
Salt	0,1 g	1%

*reference intake for adults (Reg EU 1169/2011);
**calculated based on fiber adequate intake provided by EFSA.

YEAST CAKE

with spinach & rhubarb

RECIPE BY WROCŁAW UNIVERSITY OF ENVIRONMENTAL AND LIFE SCIENCES

Servings:	Prep time:	Cook time:	Difficulty:	
10	Low	Medium	Medium	**0,18 kg CO_2 eq per serving**

Ingredients

Dough:

- 500 g wheat flour
- 200 ml milk or plant milk
- 4 eggs
- 100 g sugar or other sweetener
- A pinch of salt
- 40 g fresh yeast
- 7 tablespoons oil
- 1-2 handfuls of fresh spinach

Crumble:

- 80 g wheat flour
- 50 g butter
- 50 g sugar
- 500 g rhubarb
-
-



Method

1. Activate the yeast in warm milk with sugar/flour/salt; let sit for 15 minutes.
2. Finely blend the spinach. Mix oil, eggs, blended spinach, and sugar into the yeast mixture.
3. Gradually add sifted flour and knead. Cover kneaded dough and set aside for one hour for proofing.
4. Mix crumble ingredients together.
5. Transfer dough to the baking pan, add chopped rhubarb, and sprinkle with the crumble.
6. Bake in preheated oven in 170°C for about 40 minutes.

Nutritional values

Average values:	Per serving:	%RI per serving:
Energy	363 kcal	18%
Fat	11,2 g	16%
Saturated fat	2,5 g	13%
Carbohydrates	54,4 g	21%
Sugars	19,3 g	21%
Fibers	5,8 g	23%**
Protein	11,6 g	23%
Salt	0,2 g	3%

*reference intake for adults (Reg EU 1169/2011);
**calculated based on fiber adequate intake provided by EFSA.

APPLE PIE

Plăcintă cu Mere

RECIPE BY UNIVERSITY OF ORADEA

Servings:
16

Prep time:
High

Cook time:
High

Difficulty:
Medium

0,2 kg CO_2 eq per serving

Ingredients

Dough:

- 500 g flour
- 200 g butter or margarine
- 150 g sugar
- 2 eggs
- 1 tsp baking powder
- A pinch of salt

Filling:

- 1 kg apples
- 100 g sugar
- 1 tsp cinnamon
-
-



Method

1. Mix flour, baking powder, salt, butter, sugar, and eggs to form a smooth dough. Divide the dough in two.
2. Grate the apples and cook with sugar and cinnamon until the apples are soft. Tip: Use tart apples, like Granny Smith, and incorporate lemon zest for freshness.
3. Spread one dough half evenly in a baking tray. Add the cooled apple filling, then cover with the second layer of dough.
4. Bake at 180°C for 35–40 minutes.
5. Cool completely before cutting and serving.

Nutritional values

Average values:	Per serving:	%RI per serving:
Energy	314 kcal	16%
Fat	12,3 g	18%
Saturated fat	6,7 g	33%
Carbohydrates	46,9 g	18%
Sugars	25,7 g	29%
Fibers	2,2 g	9%**
Protein	6,0 g	12%
Salt	0,2 g	3%

*reference intake for adults (Reg EU 1169/2011);
**calculated based on fiber adequate intake provided by EFSA.

Lunch



CHICKEN SOUP

with spinach & oats

RECIPE BY ATU

Servings:	Prep time:	Cook time:	Difficulty:	
1	Low	Low	Low	0,92 kg CO_2 eq per serving

Ingredients

- 100 g boneless chicken, shredded or diced
- 100 g fresh or frozen chopped spinach
- 40 g rolled oats
- 50 g onion, finely chopped
- 5 g garlic, minced
- 5 g ginger, grated
- 10 g olive oil
- 500 ml water or low-sodium chicken broth
- 1 g cumin seeds or powder
- 1 g black pepper
- 0.5 g turmeric (optional)
- 1–2 g salt
- 5 ml lemon juice
- 20–30 g Greek yogurt or kefir (optional)



Method

1. In a pot, heat olive oil, add cumin seeds, garlic, and ginger. Then add the onion and cook until translucent.
2. Add the diced chicken with salt, turmeric, and pepper. Sauté until lightly browned.
3. Pour in the broth or water and bring to a boil. Stir in the rolled oats.
4. Reduce heat to a simmer and add the spinach. Let everything cook on low for 10–12 minutes until the oats are soft and the soup thickens.
5. Squeeze in the lemon juice. (Optional: swirl in some Greek yogurt or kefir before serving but avoid boiling after adding the yogurt.).
6. Serve with bread or rice.

Nutritional values

Average values:	Per serving:	%RI per serving:
Energy	674 kcal	34%
Fat	22,5 g	32%
Saturated fat	4,6 g	23%
Carbohydrates	83,1 g	32%
Sugars	5,9 g	7%
Fibers	7,3 g	29%**
Protein	36,5 g	73%
Salt	1,4 g	24%

*reference intake for adults (Reg EU 1169/2011);
**calculated based on fiber adequate intake provided by EFSA.

SPELT SALAD

with vegetables & shrimp

RECIPE BY UNIVERSITY OF PARMA

Servings:
1

Prep time:
Medium

Cook time:
Low

Difficulty:
Low

0,92 kg CO_2 eq per serving

Ingredients

- 150 g shrimp
- 120 g spelt
- 100 g zucchini
- 50 g cherry tomatoes
- 30 g green asparagus
- 10 ml extra-virgin olive oil
- Parsley to taste



Method

1. Slice the onion and chop the asparagus.
2. Sauté the onion in olive oil for 5 minutes, then add the asparagus and a splash of broth. Cook until tender.
3. Boil the pasta, drain, and mix with the vegetables and diced primo sale.
4. Season to taste and serve warm.

Nutritional values

Average values:	Per serving:	%RI per serving:
Energy	610 kcal	31%
Fat	14,1 g	20%
Saturated fat	2,1 g	11%
Carbohydrates	87,2 g	34%
Sugars	6,8 g	8%
Fibers	10,2 g	41%**
Protein	33,9 g	68%
Salt	1,8 g	23%

*reference intake for adults (Reg EU 1169/2011);
**calculated based on fiber adequate intake provided by EFSA.

WHOLE-WHEAT PASTA

with asparagus & primo sale cheese

RECIPE BY UNIVERSITY OF PARMA

Servings: 1

Prep time: Low

Cook time: Low

Difficulty: Low

0,92 kg CO_2 eq per serving

Ingredients

- 100 g primo sale cheese
- 80 g whole-wheat semolina pasta
- 100 g green asparagus
- 10 g onion
- 10 ml extra-virgin olive oil
- Vegetable broth to taste



Method

1. Slice the onion and chop the asparagus.
2. Sauté the onion in olive oil for 5 minutes, then add the asparagus and a splash of broth. Cook until tender.
3. Boil the pasta, drain, and mix with the vegetables and diced primo sale.
4. Season to taste and serve warm.

Nutritional values

Average values:	Per serving:	%RI per serving:
Energy	636 kcal	32%
Fat	29,8 g	43%
Saturated fat	12,2 g	61%
Carbohydrates	62,6 g	24%
Sugars	12,9 g	14%
Fibers	7,9 g	32%**
Protein	29,4 g	59%
Salt	3,7 g	61%

*reference intake for adults (Reg EU 1169/2011);
**calculated based on fiber adequate intake provided by EFSA.

EGGPLANT ROLLS

with robiola cheese & tomato on whole-wheat bread

RECIPE BY UNIVERSITY OF PARMA

Servings:	Prep time:	Cook time:	Difficulty:	
1	Low	Low	Low	0,76 kg CO_2 eq per serving

Ingredients

- 100 g robiola cheese
- 200 g eggplant
- 100 g tomato passata
- 10 g extra-virgin olive oil
- Garlic, 2 cloves
- Basil, to taste
- Salt & pepper, to taste
- 50 g whole-wheat bread



Method

1. Slice eggplant lengthwise and grill
2. Sauté garlic in oil, add tomato passata, salt and spices.
3. Once eggplant is cooked, fill with robiola, tomato sauce and basil leaf.
4. Roll up and secure with a toothpick.
5. Serve with bread.

Nutritional values

Average values:	Per serving:	%RI per serving:
Energy	683 kcal	34%
Fat	39 g	56%
Saturated fat	17,9 g	90%
Carbohydrates	50,5 g	19%
Sugars	29,4 g	33%
Fibers	10,7 g	43%**
Protein	30,4 g	61%
Salt	4,1 g	69%

*reference intake for adults (Reg EU 1169/2011);
**calculated based on fiber adequate intake provided by EFSA.

CHICKPEA HUMMUS BRUCHETTA

with zucchini

RECIPE BY UNIVERSITY OF PARMA

Servings: 1

Prep time: Low

Cook time: Low

Difficulty: Low

0,44 kg CO_2 eq per serving

Ingredients

- 150 g cooked chickpeas (drained)
- 150 g whole-wheat bread
- 200 g zucchini
- 20 g extra-virgin olive oil
- 10 g lemon juice
- Salt & pepper, to taste
- Paprika, to taste



Method

1. Blend chickpeas with oil, garlic powder, paprika, lemon juice, salt and pepper until smooth.
2. Slice zucchini thinly and season with salt and pepper.
3. Toast bread, spread hummus and top with zucchini and whole chickpeas.

Nutritional values

Average values:	Per serving:	%RI per serving:
Energy	658 kcal	33%
Fat	24,3 g	35%
Saturated fat	3,6 g	28%
Carbohydrates	80,6 g	31%
Sugars	8,6 g	10%
Fibers	24,7 g	99%**
Protein	21,9 g	44%
Salt	3,9 g	64%

*reference intake for adults (Reg EU 1169/2011);
**calculated based on fiber adequate intake provided by EFSA.

FLATBREAD WRAP

with hummus & vegetables

RECIPE BY UNIVERSITY OF PARMA

Servings:	Prep time:	Cook time:	Difficulty:	
1	Low	Low	Low	0,44 kg CO_2 eq per serving

Ingredients

- 150 g chickpeas (cooked, drained)
- 120 g whole-wheat flatbread
- 100 g zucchini
- 80 g lettuce
- 100 g carrots
- 10 g extra-virgin olive oil
- Parsley, to taste
- Lemon juice, to taste
- Salt & pepper, to taste
- Paprika, to taste



Method

1. Blend the chickpeas with parsley, salt, pepper, paprika, lemon juice and oil (add a little water if needed) until creamy.
2. Julienne the zucchini and carrots.
3. Spread the hummus on the flatbread, top with the vegetables and 20 g lettuce (reserve remaining lettuce for a side salad).
4. Roll the wrap and lightly toast in a pan.

Nutritional values

Average values:	Per serving:	%RI per serving:
Energy	651 kcal	33%
Fat	25,2 g	36%
Saturated fat	5,6 g	28%
Carbohydrates	81,8 g	32%
Sugars	15,1 g	17%
Fibers	20,6 g	82%**
Protein	19,1 g	38%
Salt	3,8 g	64%

*reference intake for adults (Reg EU 1169/2011);
**calculated based on fiber adequate intake provided by EFSA.

POLENTA WITH GORGONZOLA

& steamed broccoli

RECIPE BY UNIVERSITY OF PARMA

Servings:	Prep time:	Cook time:	Difficulty:	
1	Low	Low	Low	0,92 kg CO_2 eq per serving

Ingredients

- 50 g gorgonzola
- 150 g polenta
- 200 g broccoli
- 1 tbsp extra-virgin olive oil
- Salt & pepper, to taste



Method

1. Cook polenta per instructions.
2. Steam broccoli.
3. Melt gorgonzola into hot polenta for a sauce.
4. Serve polenta topped with cheese sauce and broccoli.

Nutritional values

Average values:	Per serving:	%RI per serving:
Energy	536 kcal	27%
Fat	34,8 g	50%
Saturated fat	11,5 g	57%
Carbohydrates	33,7 g	13%
Sugars	7,3 g	8%
Fibers	7,6 g	30%**
Protein	20,7 g	42%
Salt	2,2 g	32%

*reference intake for adults (Reg EU 1169/2011);
**calculated based on fiber adequate intake provided by EFSA.

PASTA E FAGIOLI

An easy, vegan pasta

RECIPE BY UNIVERSITY OF PARMA

Servings:	Prep time:	Cook time:	Difficulty:	
1	Low	Medium	Low	0,43 kg CO_2 eq per serving

Ingredients

- 150 g canned borlotti beans
- 100 g short pasta (ditalini)
- 50 g onion
- 50 g carrot
- 50 g celery
- 100 g tomato passata or diluted tomato paste
- 15 g extra-virgin olive oil
- Salt & pepper, to taste



Method

1. Chop onion, carrot, and celery.
2. Sauté in oil for 5–10 minutes.
3. Add tomato passata or diluted paste and drained beans; cook for 10 minutes.
4. Add 500 ml water, bring to a boil.
5. Add pasta and cook until soft.
6. Season to taste.

Nutritional values

Average values:	Per serving:	%RI per serving:
Energy	708 kcal	35%
Fat	17,5 g	25%
Saturated fat	2,6 g	13%
Carbohydrates	110,5 g	43%
Sugars	32,1 g	36%
Fibers	16,9 g	67%**
Protein	25,8 g	52%
Salt	2,0 g	33%

*reference intake for adults (Reg EU 1169/2011);
**calculated based on fiber adequate intake provided by EFSA.

POOR MAN'S MEAL

Potato, spinach & eggs

RECIPE BY UNIVERSITY OF MAGDEBURG

Servings:	Prep time:	Cook time:	Difficulty:	
1	Low	Medium	Low	0,6 kg CO_2 eq per serving

Ingredients

- 450 g potatoes
- 200 g lightly sautéed spinach (fresh or frozen)
- 80 g onions (optional)
- 10 g cream or butter (optional)
- 2 eggs
- Nutmeg and garlic for flavor, to taste
- Salt & pepper to taste
- 1 tbsp vegetable oil



Method

1. Boil the potatoes depending on your taste (with or without the peel, whole or in cubes).
2. Lightly sauté the spinach with the garlic (optional: add diced onions and/or some cream/butter.
3. Fry an egg sunny side up (alternatives: scrambled or hard-boiled egg or tofu).
4. Plate up the potatoes and spinach with the egg on top, and sprinkle some grated nutmeg.
5. Add salt and pepper to taste.

Nutritional values

Average values:	Per serving:	%RI per serving:
Energy	661 kcal	33%
Fat	19,2 g	27%
Saturated fat	8,5 g	42%
Carbohydrates	92,3 g	36%
Sugars	7,9 g	9%
Fibers	12,2 g	49%**
Protein	29,6 g	59%
Salt	1,4 g	24%

*reference intake for adults (Reg EU 1169/2011);
**calculated based on fiber adequate intake provided by EFSA.

HUEVOS MOLINEROS

Miller's eggs

RECIPE BY UNIVERSITY OF EXTREMADURA

Servings: 2

Prep time: Low

Cook time: Medium

Difficulty: Low

0,67 kg CO_2 eq per serving

Ingredients

- 4 eggs
- 200 g stale bread
- 1 onion
- 2 garlic cloves
- 1 green pepper
- 2 tomatoes
- 3 tbsp olive oil
- A pinch of salt
- Paprika, to taste



Method

1. Soak the stale bread briefly, then squeeze out the excess liquid and set aside.
2. Finely chop the onion, garlic, pepper, and tomatoes.
3. Sauté garlic, onion, and pepper in olive oil until soft. Add the chopped tomatoes and cook until they break down into a thick sofrito.
4. Add the drained bread to the pan and mix well, stirring to combine it with the vegetable mixture.
5. Make four wells in the bread mixture and crack the eggs directly over the pan. Cover and cook until the whites are set and the yolks are cooked to your preference (ideally slightly runny).
6. Season with salt and a final sprinkle of paprika before serving.

Nutritional values

Average values:	Per serving:	%RI per serving:
Energy	645 kcal	32%
Fat	26,7 g	38%
Saturated fat	6,1 g	31%
Carbohydrates	73,3 g	28%
Sugars	16,9 g	19%
Fibers	9,8	39%**
Protein	27,6 g	55%
Salt	2,7 g	44%

*reference intake for adults (Reg EU 1169/2011);
**calculated based on fiber adequate intake provided by EFSA.

FISH QUICHE
with thyme

RECIPE BY UNIVERSITY OF ÉVORA

Servings: 5

Prep time: Medium

Cook time: Medium

Difficulty: Low

0,49 kg CO_2 eq per serving

Ingredients

- 400 g leftover fish
- 3 tbsp wheat flour
- 2 tbsp olive oil
- 2 onions
- 3 garlic cloves
- 200 ml milk
- Nutmeg, to taste
- 1 sprig thyme
- 2 slabs shortcrust pastry
- 1 egg



Method

1. Shred the fish and mix well with the flour.
2. Sauté onion and finely sliced garlic in olive oil. Add the floured fish and the milk.
3. Adjust seasoning and add grated nutmeg and thyme leaves.
4. Line a pie dish with one pastry slab. Prick the bottom.
5. Pour the fish mixture over the dough.
6. Lay the second pastry slab on top, prick, and brush with whisked egg.
7. Bake for about 30 minutes and serve.

Nutritional values

Average values:	Per serving:	%RI per serving:
Energy	649 kcal	32%
Fat	37,8 g	54%
Saturated fat	18,6 g	93%
Carbohydrates	51,3 g	20%
Sugars	7,6 g	8%
Fibers	4,2 g	17%**
Protein	27,1 g	54%
Salt	1,2 g	21%

*reference intake for adults (Reg EU 1169/2011);
**calculated based on fiber adequate intake provided by EFSA.

CHICKPEA VEGETABLE DELIGHT

with whole-wheat pita

RECIPE BY ATU

Servings: 2

Prep time: Low

Cook time: Low

Difficulty: Low

0,8 kg CO_2 eq per serving

Ingredients

- 400 g tinned chickpeas
- 200 g onion
- 170 g yellow bell pepper
- 150 g button mushrooms
- 90 g spinach
- 400 g tinned chopped tomatoes
- 200 g wholemeal pita bread
- 0.8 g Frylight
- 0.6 g salt
- 0.4 g pepper
- 0.4 g paprika
- 3 g garlic



Method

1. Finely dice the pepper, mushrooms, and small onion.
2. Drain the tinned chickpeas using a colander.
3. In a pan, add Fry-light, followed by the chickpeas, and add all seasonings. Add the previously chopped vegetables and fry until the vegetables have softened and the chickpeas are cooked (approximately 5-7 minutes).
4. Using a blender, blend the chopped tomatoes and add them to the pan with the chickpeas and vegetables.
5. Add the spinach and stir for 1-2 minutes until wilted.
6. Slightly toast the pita bread in a toaster before serving.

Nutritional values

Average values:	Per serving:	%RI per serving:
Energy	601 kcal	30%
Fat	15,7 g	22%
Saturated fat	3,9 g	20%
Carbohydrates	84,1 g	32%
Sugars	23 g	26%
Fibers	24,8 g	99%**
Protein	23,8 g	48%
Salt	4,2 g	70%

*reference intake for adults (Reg EU 1169/2011);
**calculated based on fiber adequate intake provided by EFSA.

COD À BRÁS

Shredded cod with potatoes & eggs

RECIPE BY UNIVERSITY OF ÉVORA

Servings:	Prep time:	Cook time:	Difficulty:	
4	Medium	Low	Low	●●●○○
				0,68 kg CO_2 eq per serving

Ingredients

- 500 g shredded cod (leftovers)
- 300 g homemade or packaged potato straws
- 5–6 eggs
- 2 medium onions (sliced)
- 3 garlic cloves (minced)
- 1 bay leaf
- Olive oil, to taste
- Salt and pepper, to taste
- Chopped parsley and black olives for garnish
- 100 g bread



Method

1. Sauté onion, garlic, and bay leaf in olive oil; remove bay leaf.
2. Add cod and stir.
3. Add potato sticks and mix.
4. Beat eggs with salt and pepper, gently add over low heat. Remove before drying out, garnish with parsley and olives.
5. Serve with bread and vegetables.

Nutritional values

Average values:	Per serving:	%RI per serving:
Energy	626 kcal	31%
Fat	18,2 g	26%
Saturated fat	4,0 g	20%
Carbohydrates	70,8 g	27%
Sugars	7,7 g	9%
Fibers	8,0 g	32%**
Protein	45,2 g	90%
Salt	2,2 g	37%

*reference intake for adults (Reg EU 1169/2011);
**calculated based on fiber adequate intake provided by EFSA.

PEA PESTO & FETA

with pasta or toasted bread

RECIPE BY UNIVERSITY OF ANGERS

Servings:	Prep time:	Cook time:	Difficulty:	
1	Low	Low	Low	0,7 kg CO_2 eq per serving

Ingredients

- 1 small shallot (chopped)
- 3 tbsp canned or cooked peas
- 1 small piece feta cheese
- 1 tsp tahini (optional)
- Garlic, salt and pepper, to taste
- 1 tsp olive oil
- 100 g toasted bread



Method

1. Sauté the shallot briefly if desired (optional).
2. In a bowl, mash the peas with the feta, tahini, olive oil, garlic, salt, and pepper until smooth.
3. Serve on toast, as a dip, or mixed into pasta.

Nutritional values

Average values:	Per serving:	%RI per serving:
Energy	596 kcal	30%
Fat	26,1 g	37%
Saturated fat	9,6 g	48%
Carbohydrates	69,9 g	27%
Sugars	5,4 g	6%
Fibers	9,6 g	38%**
Protein	20,0 g	40%
Salt	4,1 g	68%

*reference intake for adults (Reg EU 1169/2011);
**calculated based on fiber adequate intake provided by EFSA.

SPRING ROLL

with seeds & ginger

RECIPE BY UNIVERSITY OF ANGERS

Servings:
1 roll
(5 rolls=1 serving)

Prep time:
Medium

Cook time:
None

Difficulty:
Low

0,18 kg CO_2 eq per serving

Ingredients

- 1 rice paper wrapper
- A few fresh mint and lettuce leaves
- 1 tbsp grated carrot
- 2 tbsp sunflower seeds (soaked overnight and drained)
- ½ tsp fresh grated ginger
- ½ tsp mustard
- Salt and pepper, to taste



Method

1. Lightly spray or brush water over the rice paper to soften.
2. In a bowl, mix sunflower seeds, grated carrot, ginger, mustard, salt, and pepper.
3. Lay lettuce and mint on the softened rice paper, top with the seed mixture.
4. Roll tightly like a burrito—fold in the sides, then roll forward.

Nutritional values

Average values:	Per serving:	%RI per serving:
Energy	570 kcal	29%
Fat	20,3 g	29%
Saturated fat	6,6 g	33%
Carbohydrates	68,6 g	26%
Sugars	29,0 g	32%
Fibers	27,1 g	108%**
Protein	19,2 g	38%
Salt	0,8 g	14%

*reference intake for adults (Reg EU 1169/2011);
**calculated based on fiber adequate intake provided by EFSA.

SAVOURY MUG CAKE

with vegetables

RECIPE BY UNIVERSITY OF ANGERS

Servings:	Prep time:	Cook time:	Difficulty:	
1	Low	Low	Low	0,97 kg CO_2 eq per serving

Ingredients

- 1 egg
- 1 cup plain yogurt or fromage blanc
- 1 cup rolled oats
- 2 tbsp green peas
- 2 tbsp grated cheese
- 1 tsp turmeric
- 1 tsp baking powder



Method

1. In a microwave-safe bowl, whisk the egg with the yogurt and turmeric using a fork.
2. Stir in the oats, baking powder, grated cheese, and peas. Mix thoroughly.
3. Microwave for 3 minutes at 700W.
4. Let cool slightly, then invert onto a plate.

Nutritional values

Average values:	Per serving:	%RI per serving:
Energy	609 kcal	30%
Fat	24,4 g	35%
Saturated fat	10,6 g	53%
Carbohydrates	67,8 g	26%
Sugars	11,9 g	13%
Fibers	9,8 g	39%**
Protein	29,0 g	58%
Salt	2,1 g	35%

*reference intake for adults (Reg EU 1169/2011);
**calculated based on fiber adequate intake provided by EFSA.

FLATBREAD WRAP

with seasonal veggies

RECIPE BY UNIVERSITY OF ANGERS

Servings: 1

Prep time: Low

Cook time: Low

Difficulty: Medium

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0,65 kg CO_2 eq per serving

Ingredients

- 100 g flour
- 55 g Petit Suisse (or plain yogurt/soft cheese)
- 2 pinches salt and pepper
- 1.5 tsp herbs/spices (e.g. curry, cumin, dill, coriander)
- Grated vegetables (e.g. carrot, cabbage, lettuce, red onion)



Method

1. In a bowl, mix the petit suisse, flour, spices, salt, and pepper until it forms a dough.
2. Knead briefly, then roll out on a floured surface into a thin flatbread.
3. Cook in a dry skillet over medium heat for 30 seconds on each side until golden.
4. Let cool slightly, then fill with fresh grated vegetables. Roll up and trim the ends diagonally. Note: Works well hot or cold!

Nutritional values

Average values:	Per serving:	%RI per serving:
Energy	656 kcal	33%
Fat	28,5 g	41%
Saturated fat	12,0 g	60%
Carbohydrates	80,9 g	31%
Sugars	13,2 g	15%
Fibers	8,6 g	34%**
Protein	20,0 g	40%
Salt	1,3 g	21%

*reference intake for adults (Reg EU 1169/2011);
**calculated based on fiber adequate intake provided by EFSA.

CORAIL LENTIL SOUP

Indian-style

RECIPE BY UNIVERSITY OF ANGERS

Servings:	Prep time:	Cook time:	Difficulty:	
1	Low	Low	Low	●○○○○

0,21 kg CO_2 eq per serving

Ingredients

- 60 g red lentils (coral lentils)
- ½ onion (chopped)
- 300 ml vegetable or chicken stock
- ½ small can diced tomatoes
- 1 tbsp sunflower or peanut oil
- 1 tsp lemon juice
- ½ tsp garlic powder
- ½ tsp ground ginger
- 1–2 tsp curry powder, cumin or other spices
- 80 g toasted bread



Method

1. Rinse and drain the lentils.
2. Sauté the chopped onion in oil until soft, then add garlic and ginger.
3. Stir in the lentils, followed by hot stock and the liquid from the diced tomatoes.
4. Bring to a boil, reduce heat, and simmer for 12–15 minutes or until lentils break down.
5. Blend the soup, then stir in the diced tomatoes and lemon juice.
6. Note: Turmeric, cumin, and paprika are great spice choices. Adjust seasoning to your taste. Serve with toasted bread.

Nutritional values

Average values:	Per serving:	%RI per serving:
Energy	609 kcal	30%
Fat	14,0 g	20%
Saturated fat	1,9 g	10%
Carbohydrates	94,0 g	36%
Sugars	11,8 g	13%
Fibers	14,3 g	57%**
Protein	25,4 g	51%
Salt	4,1 g	68%

*reference intake for adults (Reg EU 1169/2011);
**calculated based on fiber adequate intake provided by EFSA.

CHILI SIN CARNE

A vegan, flavorful chili

RECIPE BY UNIVERSITY OF ANGERS

Servings:	Prep time:	Cook time:	Difficulty:	1,04 kg CO_2 eq per serving
1	Low	Low	Medium	●●●●●

Ingredients

- 1 tbsp olive oil
- 1 onion (chopped)
- 1–2 garlic cloves (minced)
- 1 can peeled tomatoes
- 1 can red kidney beans (drained)
- 1 small can sweet corn (drained)
- ½ tsp chili powder
- ½ tsp ground cumin
- Pepper, to taste
- 1/3 vegetable stock cube
- 70 g rice, couscous or tortilla (for serving)



Method

1. Heat olive oil in a large pan over high heat. Sauté onion and garlic until fragrant.
2. Add the kidney beans, corn, peeled tomatoes, and chili powder. Stir well.
3. Crumble in the stock cube, add a splash of water, and season with salt, pepper, and cumin.
4. Reduce the heat and simmer covered for about 3 minutes.

Nutritional values

Average values:	Per serving:	%RI per serving:
Energy	638 kcal	32%
Fat	21,1 g	30%
Saturated fat	3,4 g	17%
Carbohydrates	82,8 g	32%
Sugars	31,8 g	35%
Fibers	24,0 g	96%**
Protein	23,0 g	46%
Salt	4,3 g	72%

*reference intake for adults (Reg EU 1169/2011);
**calculated based on fiber adequate intake provided by EFSA.

COLD CUCUMBER SOUP

with hard-boiled eggs

RECIPE BY WROCŁAW UNIVERSITY OF ENVIRONMENTAL AND LIFE SCIENCES

Servings: 2

Prep time: Low

Cook time: Low

Difficulty: Low

0,83 kg CO_2 eq per serving

Ingredients

- 150 g cucumbers
- A half bunch of radishes
- 200 g plain yogurt or kefir
- 200 g kefir
- 1 clove garlic
- 4 hard-boiled eggs
- ½ teaspoon salt and a pinch of pepper
- Fresh chives
- Fresh dill
- 100 g toasted bread



Method

1. Wash the cucumbers and radishes, cut off the ends and grate the vegetables with the peel on using a box grater.
2. Add a few more grated radishes for taste.
3. Crush the garlic clove in a garlic press and add to the vegetables.
4. Transfer mixed vegetables to a large bowl or a pot and add yogurt, kefir, salt, pepper, and chopped chives and dill.
5. Serve with a hard-boiled egg and bread.

Nutritional values

Average values:	Per serving:	%RI per serving:
Energy	571 kcal	29%
Fat	17,5 g	25%
Saturated fat	7,5 g	38%
Carbohydrates	75,7 g	29%
Sugars	13,6 g	15%
Fibers	5,6 g	22%**
Protein	29,9 g	60%
Salt	3,5 g	59%

*reference intake for adults (Reg EU 1169/2011);
**calculated based on fiber adequate intake provided by EFSA.

CARROT KOPYTKA

Potato dumplings with parsley & olive oil

RECIPE BY WROCŁAW UNIVERSITY OF ENVIRONMENTAL AND LIFE SCIENCES

Servings:	Prep time:	Cook time:	Difficulty:	
3	Medium	Medium	Medium	0,19 kg CO_2 eq per serving

Ingredients

- 800 g potatoes
- 200 g carrots, approx.
- 140–150 g wheat flour
- 25–30 g potato flour
- 1 egg
- Bunch of parsley
- 1-2 tablespoons olive oil



Method

1. Cook potatoes with carrots. Mash or finely grate cooked vegetables.
2. Transfer vegetables to the pastry board and add the egg and both flours.
3. Lightly knead the dough and roll it into a rope about 3 cm thick. Cut crosswise into pieces.
4. Add the Kopytka to the boiling water. Boil until they float, about 2 minutes.
5. Serve with chopped parsley and olive oil.

Nutritional values

Average values:	Per serving:	%RI per serving:
Energy	506 kcal	25%
Fat	9,1 g	13%
Saturated fat	1,8 g	9%
Carbohydrates	92,0 g	35%
Sugars	7,7 g	9%
Fibers	10,2 g	41%**
Protein	14,8 g	30%
Salt	0,3 g	5%

*reference intake for adults (Reg EU 1169/2011);
**calculated based on fiber adequate intake provided by EFSA.

CREAMY ZUCCHINI SOUP

with crunchy pumpkin seeds

RECIPE BY WROCŁAW UNIVERSITY OF ENVIRONMENTAL AND LIFE SCIENCES

Servings:
1

Prep time:
Low

Cook time:
Low

Difficulty:
Low

0,84 kg CO_2 eq per serving

Ingredients

- 1.5 zucchini
- 5-6 mushrooms
- Piece of leek (white part),
- Approx.1 tablespoon cream Cheese or coconut milk
- Butter or oil for cooking
- 100 grams broth
- Pumpkin seeds
- Granulated garlic
- A pinch salt
- Pepper, to taste
- 100 g toasted bread



Method

1. Cut zucchini, mushrooms and leek into pieces.
2. Heat oil in the pot and cook the vegetables and mushrooms for a few minutes.
3. Add broth and granulated garlic to taste and cook for a few minutes until zucchini is soft.
4. Before turning off the heat, add cream cheese, salt and pepper, and stir the soup. Blend until smooth.
5. Pour into bowls and garnish with pumpkin seeds. Serve with bread.

Nutritional values

Average values:	Per serving:	%RI per serving:
Energy	618 kcal	31%
Fat	23,5 g	34%
Saturated fat	10,8 g	54%
Carbohydrates	75,3 g	29%
Sugars	11,6 g	13%
Fibers	16,9 g	68%**
Protein	22,4 g	45%
Salt	3,8 g	63%

*reference intake for adults (Reg EU 1169/2011);
**calculated based on fiber adequate intake provided by EFSA.

CIORBA DE PERISOARE

Meatball sour soup

RECIPE BY UNIVERSITY OF ORADEA

Servings:	Prep time:	Cook time:	Difficulty:	
6	Low	Medium	Medium	0,98 kg CO_2 eq per serving

Ingredients

- 600 g minced pork (or pork/ beef mix)
- 150 g rice
- 1 egg
- 1 onion (grated)
- 2 L water
- 2 carrots
- 1 parsnip
- 1 celery root
- 1 bell pepper
- 200 ml tomato juice
- 200 ml sour borscht (or lemon juice to taste)
- 2 tbsp oil
- Salt and pepper to taste
- Fresh parsley and lovage
- 80 g rye bread



Method

1. Mix the minced meat with rice, grated onion, egg, salt, and pepper. Form small meatballs.
2. Sauté chopped vegetables in oil in a large pot. Add water and bring to a boil.
3. Add the meatballs and simmer for 30 minutes.
4. Add tomato juice and sour borscht (or lemon juice), and cook for another 10 minutes. Tip: For extra flavor, you can fry the tomato paste before adding it.
5. Season and garnish with chopped parsley and lovage.

Nutritional values

Average values:	Per serving:	%RI per serving:
Energy	598 kcal	30%
Fat	31,6 g	45%
Saturated fat	10,3 g	51%
Carbohydrates	53,5 g	21%
Sugars	8,1 g	9%
Fibers	6,0 g	24%**
Protein	25,4 g	51%
Salt	4,8 g	80%

*reference intake for adults (Reg EU 1169/2011);
**calculated based on fiber adequate intake provided by EFSA.

PAP, BEEF & KALE STEW

Sadza nenyama nemuriwo

RECIPE BY UNIVERSITY OF GÄVLE

Servings:	Prep time:	Cook time:	Difficulty:	
3	Medium	High	Medium	3,66 kg CO_2 eq per serving

Ingredients

Beef & kale stew:

- 350–400 g chuck beef (or a cut suitable for stew)
- ½ large bunch kale (chopped)
- 1 tbsp butter
- 2 tbsp vegetable oil
- ½ tsp salt
- 1 tbsp black pepper
- ½ tsp turmeric
- 1 yellow onion (diced)
- 3–4 Roma tomatoes (diced)
- 1 tbsp fresh garlic
- 1 tbsp chili flakes
- 2 beef or vegetable bouillon cubes
- 3 cups water

Pap/Sadza:

- 1.5–2 cups cornmeal/mealie meal
- 1 tsp salt
- 3 cups boiling water
- ¾ cup cold water
- 1 tsp garlic powder

Method

Beef & kale stew:

1. In a large pot, add the butter and vegetable oil.
2. Sauté the onion and garlic until the onion becomes translucent and the garlic fragrant, about 3-4 minutes.
3. Add the salt, pepper, and spice blend, and cook for another 2-3 minutes.
4. Add the beef chunks and chili flakes, browning the meat by cooking for about 5-7 minutes.
5. Add the diced tomato and bouillon cubes, and mix to incorporate.
6. Add the chopped kale, followed by water (or liquid broth). Reduce the heat and simmer for 30 minutes with the lid on top, stirring occasionally and seasoning to taste. You want your beef tender.



Pap/Sadza:

Unfortunately instructions for the Pap/Sadza component were not fully included in the source.

Nutritional values

Average values:	Per serving:	%RI per serving:
Energy	715 kcal	36%
Fat	26,7 g	38%
Saturated fat	7,8 g	39%
Carbohydrates	84,0 g	32%
Sugars	11,3 g	13%
Fibers	7,8 g	31%**
Protein	36,3 g	73%
Salt	4,0 g	67%

*reference intake for adults (Reg EU 1169/2011);
**calculated based on fiber adequate intake provided by EFSA.

TOMATO SOUP

Sopa de tomate

RECIPE BY UNIVERSITY OF EXTREMADURA

Servings: 1

Prep time: Low

Cook time: Medium

Difficulty: Low

0,54 kg CO_2 eq per serving

Ingredients

- 3 ripe tomatoes
- 1 green pepper
- 1 onion
- 2 cloves of garlic
- 100 g stale bread
- 1 tsp sweet paprika
- 2 tbsp olive oil
- Salt, to taste
- Water, as needed



Method

1. Chop all vegetables. Sauté garlic, onion, and pepper in olive oil. Add tomatoes and cook until they break down.
2. Stir in paprika, then add water and salt. Simmer 15 minutes.
3. Tear bread into pieces, add, and simmer 10 more minutes.
4. Serve chunky or blend until smooth.

Nutritional values

Average values:	Per serving:	%RI per serving:
Energy	607 kcal	30%
Fat	23,9 g	34%
Saturated fat	3,9 g	20%
Carbohydrates	79,6 g	31%
Sugars	32,5 g	36%
Fibers	12,8 g	51%**
Protein	17,0 g	34%
Salt	2,3 g	39%

*reference intake for adults (Reg EU 1169/2011);
**calculated based on fiber adequate intake provided by EFSA.

Dinner



BEETROOT BORSCHT

Ukranian beetroot soup

RECIPE BY UNIVERSITY OF GÄVLE

Servings: 2

Prep time: Medium

Cook time: Medium

Difficulty: Low

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0,69 kg CO_2 eq per serving

Ingredients

- 2 tbsp vegetable oil
- 1 onion, medium (diced)
- 2 garlic, cloves (minced)
- 1 carrot, medium (grated)
- 1 beetroot, medium (grated
- 2 potatoes, medium (diced)
- 1/4 green cabbage, small (shredded)
- 1 can (400g) white beans
- 2 tbsp tomato paste
- 6 cups (1,5L) water
- 1 tbsp vinegar or lemon juice
- Salt and pepper, to taste
- 1 tsp fresh dill or parsley (chopped for garnish)
- 1 bay leaf (optional)
- 100 g rye bread



Method

1. Heat the oil in a large pot over medium heat. Add onion and garlic, and sauté until translucent. Add grated carrot and beetroot. Cook for about 5–7 minutes, stirring occasionally.
2. Stir in the tomato paste and vinegar or lemon juice. Cook for 2 more minutes. Add the diced potatoes and pour in the broth or water. Bring to a boil. Once boiling, reduce heat and simmer for 10 minutes.
3. Add shredded cabbage, beans, salt, pepper, and bay leaf (if using). Simmer for another 15 minutes or until vegetables are tender.
4. Taste and adjust seasoning. Remove the bay leaf before serving. Serve hot, garnished with fresh herbs and a dollop of plant-based sour cream if desired. Best enjoyed with rye bread or garlic toast!

Nutritional values

Average values:	Per serving:	%RI per serving:
Energy	527 kcal	26%
Fat	12,1 g	17%
Saturated fat	1,7 g	9%
Carbohydrates	80,2 g	31%
Sugars	21,2 g	24%
Fibers	22,2 g	89%**
Protein	18,4 g	37%
Salt	3,2 g	53%

*reference intake for adults (Reg EU 1169/2011);
**calculated based on fiber adequate intake provided by EFSA.

CROQUETAS DE JAMÓN

Ham croquettes

RECIPE BY UNIVERSITY OF EXTREMADURA

Servings: 3

Prep time: High

Cook time: Low

Difficulty: Medium

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0,77 kg CO_2 eq per serving

Ingredients

- 100 g cured ham
- 1/2 onion
- 60 g flour
- 450 ml milk
- 50 g butter or olive oil
- 2 beaten egg
- 30 g breadcrumbs
- 2-3 tbsp olive oil
- Salt and nutmeg, to taste



Method

1. Heat the butter or olive oil in a pan. Add finely chopped onion and sauté until soft and translucent. Add the ham and cook for a few minutes, stirring occasionally. Stir in flour and cook for 1–2 minutes to form a roux.
2. Gradually add the milk while whisking continuously to prevent lumps from forming. Continue cooking until a very thick béchamel mixture develops. Season with nutmeg and salt (keep in mind that the ham may already be quite salty). Let the mixture cool completely. Refrigerate for at least 2 hours, or until firm enough to handle.
3. Shape into logs, dip in beaten eggs, coat in breadcrumbs. Arrange the croquettes on a baking tray lined with parchment paper. Lightly brush or spray them with olive oil. Bake in a preheated oven at 200°C (fan/convection oven), or 220°C (conventional oven) for approx. 20 minutes, turning the croquettes halfway through cooking.

Nutritional values

Average values:	Per serving:	%RI per serving:
Energy	537 kcal	27%
Fat	37,9 g	54%
Saturated fat	16 g	80%
Carbohydrates	31,1 g	12%
Sugars	10,3 g	11%
Fibers	1,3 g	5%**
Protein	19,3 g	39%
Salt	1,3 g	22%

*reference intake for adults (Reg EU 1169/2011);
**calculated based on fiber adequate intake provided by EFSA.

PASTA WITH CREAMY LENTIL SAUCE

& grilled vegetables

RECIPE BY UNIVERSITY OF MAGDEBURG

Servings:	Prep time:	Cook time:	Difficulty:	
1	Medium	High	Medium	1,07 kg CO_2 eq per serving

Ingredients

- 200 g veggies of choice (bell pepper, zucchini, eggplant, cauliflower etc.)
- 1 tbsp vegetable oil
- 1 small onion
- 300-400 ml vegetable broth
- 100 g lentils (red or black)
- 1 can chopped tomatoes
- 1 garlic clove
- 1 tsp sugar
- 50 ml red wine (optional)
- 100 ml cream/sour cream/ yoghurt/cream cheese or plant-based alternative
- Salt, pepper and chili to taste;
- Parmesan to garnish
- 70 g toasted bread



Method

1. Cut the veggies into pieces
2. Coat with oil, salt, and spices, and roast in the oven (or air fryer) at 220°C for 20 minutes (or pan-fry them).
3. Chop and fry the onion until translucent.
4. Add the broth and lentils (already cooked), and simmer for 5 minutes.
5. Add the tomatoes, red wine, and garlic, and simmer for another 5 minutes.
6. Add pepper, chili, and sugar, and let the sauce reduce for 20-30 minutes (less time for red lentils).
7. Add salt at the end and serve over your pasta, topped with the roasted veggies and parmesan.
8. Eat with toasted bread

Nutritional values

Average values:	Per serving:	%RI per serving:
Energy	734 kcal	37%
Fat	25,3 g	36%
Saturated fat	7,9 g	39%
Carbohydrates	93,4 g	36%
Sugars	33,6 g	37%
Fibers	15,5 g	62%**
Protein	31,8 g	64%
Salt	4,6 g	77%

*reference intake for adults (Reg EU 1169/2011);
**calculated based on fiber adequate intake provided by EFSA.

WHOLE-WHEAT PASTA WITH PEA PESTO

& tomato salad

RECIPE BY UNIVERSITY OF PARMA

Servings:	Prep time:	Cook time:	Difficulty:	
1	Low	Low	Low	●●○○○
				0,43 kg CO_2 eq per serving

Ingredients

- 100 g peas
- 80 g whole-wheat semolina pasta
- 10 g toasted almonds
- 7 g pine nuts
- 15 g parmigiano-Reggiano
- 10 ml extra-virgin olive oil
- 100 g fresh tomato
- Mint, to taste
- Basil, to taste



Method

1. Boil the peas for 10 minutes.
2. Cook the pasta per package directions.
3. Blend the peas with Parmigiano, basil, mint, pine nuts, almonds, oil and a pinch of salt until smooth.
4. Toss the pasta with the pesto, adding a little cooking water if needed.
5. For the salad, dice the tomato and season with basil, salt & pepper.

Nutritional values

Average values:	Per serving:	%RI per serving:
Energy	615 kcal	31%
Fat	26,0 g	37%
Saturated fat	5,5 g	28%
Carbohydrates	63,1 g	24%
Sugars	8,8 g	10%
Fibers	18,1 g	72%**
Protein	27,0 g	54%
Salt	1,0 g	20%

*reference intake for adults (Reg EU 1169/2011);
**calculated based on fiber adequate intake provided by EFSA.

COUSCOUS WITH LENTILS

& zucchini

RECIPE BY UNIVERSITY OF PARMA

Servings:	Prep time:	Cook time:	Difficulty:	
1	Low	Low	Low	0,48 kg CO_2 eq per serving

Ingredients

- 150 g cooked red lentils
- 150 g whole-wheat couscous
- 200 g grilled vegetables (zucchini & peppers)
- 1 tbsp extra-virgin olive oil
- Salt & pepper, to taste



Method

1. Cook the couswcous.
2. Grill zucchini and peppers, season with oil, salt & pepper.
3. Add red lentils with cous-cous and grilled vegetables.

Nutritional values

Average values:	Per serving:	%RI per serving:
Energy	828 kcal	41%
Fat	17,6 g	25%
Saturated fat	2,6 g	13%
Carbohydrates	136,5 g	53%
Sugars	11,3 g	13%
Fibers	18,0 g	72%**
Protein	30,3 g	61%
Salt	2,0 g	34%

*reference intake for adults (Reg EU 1169/2011);
**calculated based on fiber adequate intake provided by EFSA.

VEGETABLE & LEGUME SOUP

with barley

RECIPE BY UNIVERSITY OF PARMA

Servings:	Prep time:	Cook time:	Difficulty:	
1	Low	High	Low	0,3 kg CO_2 eq per serving

Ingredients

- 100 g cannellini beans
- 50 g borlotti beans
- 120 g pearl barley
- 100 g carrots
- 100 g fresh spinach
- 20 g onion
- 30 g celery
- 15 g extra-virgin olive oil
- Salt & pepper, to taste



Method

1. Clean and chop the carrots and celery.
2. Clean and cut the spinach.
3. Sauté the carrots, celery, and onion in oil for 20 minutes.
4. Add the spinach and drained beans; cook for 20 minutes, then blend.
5. Add the barley and cook according to package instructions.
6. Season with salt and pepper.

Nutritional values

Average values:	Per serving:	%RI per serving:
Energy	724 kcal	36%
Fat	18,3 g	26%
Saturated fat	2,8 g	14%
Carbohydrates	110,4 g	43%
Sugars	13,3 g	15%
Fibers	27,0 g	108%**
Protein	22,8 g	46%
Salt	2,2 g	37%

*reference intake for adults (Reg EU 1169/2011);
**calculated based on fiber adequate intake provided by EFSA.

LENTIL RAGÙ

with fusili & fennel salad

RECIPE BY UNIVERSITY OF PARMA

Servings:	Prep time:	Cook time:	Difficulty:	0,5 kg CO_2 eq per serving
1	Low	High	Low	●●○○○

Ingredients

- 150 g canned lentils
- 80 g whole-wheat fusilli
- 20 g celery
- 20 g carrots
- 40 g raw onion
- 10 g tomato paste
- 125 g tomato purée
- 200 g fennel
- 15 ml extra-virgin olive oil
- Salt, pepper & balsamic vinegar to taste
- Balsamic vinegar, to taste



Method

1. Finely chop the vegetables and sauté in a drizzle of oil.
2. Add the lentils and cook briefly.
3. Stir in the tomato purée and paste, season, and simmer for 1 hour.
4. Cook the fusilli and drain; toss with the ragù.
5. For the salad: clean and dress the fennel with oil, salt, pepper, and balsamic vinegar.

Nutritional values

Average values:	Per serving:	%RI per serving:
Energy	691 kcal	35%
Fat	18,0 g	26%
Saturated fat	2,6 g	13%
Carbohydrates	100,9 g	39%
Sugars	37,0 g	41%
Fibers	22,2 g	89%**
Protein	26,6 g	53%
Salt	2,9 g	49%

*reference intake for adults (Reg EU 1169/2011);
**calculated based on fiber adequate intake provided by EFSA.

BORLOTTI BEAN PATTIES

with spelt & roasted cauliflower

RECIPE BY UNIVERSITY OF PARMA

Servings: 1

Prep time: Medium

Cook time: Medium

Difficulty: Medium

0,31 kg CO_2 eq per serving

Ingredients

- 150 g cooked borlotti beans
- 100 g spelt
- 200 g cauliflower
- 1 tbsp chickpea flour
- 1 tbsp extra-virgin olive oil
- Salt & pepper, to taste
- Spices, to taste



Method

1. Blend beans with chickpea flour & spices
2. Form patties
3. Bake or pan-fry until golden.
4. Cook spelt.
5. Roast cauliflower florets with oil & spices
6. Serve patties with spelt & cauliflower.

Nutritional values

Average values:	Per serving:	%RI per serving:
Energy	708 kcal	35%
Fat	19,5 g	28%
Saturated fat	2,9 g	15%
Carbohydrates	95,1 g	37%
Sugars	9,7 g	11%
Fibers	24,3 g	97%**
Protein	31,5 g	63%
Salt	1,7 g	28%

*reference intake for adults (Reg EU 1169/2011);
**calculated based on fiber adequate intake provided by EFSA.

RAJMA

Red kidney bean curry

RECIPE BY UNIVERSITY OF MAGDEBURG

Servings:	Prep time:	Cook time:	Difficulty:	
2	Low	Medium	Low	0,48 kg CO_2q per serving

Ingredients

- 600 g kidney beans (canned)
- 2 red onions, finely diced
- 2 tomatoes, chopped
- 3 cloves garlic, finely chopped
- Fresh ginger, to taste
- Salt, to taste
- 1 tsp cumin powder
- 1 tsp coriander powder
- 1/2 tsp turmeric powder
- 1-2 cinnamon sticks (optional)
- Chili powder
- 2 tbsp vegetable oil
- Fresh coriander leaves
- Water, as needed
- 200 g toasted bread



Method

1. Drain and rinse the canned kidney beans.
2. Heat oil, add cinnamon sticks (if using).
3. Sauté onions until golden brown.
4. Stir in all the dry spices (cumin, coriander, turmeric, chili) and fry briefly.
5. Add tomatoes and a pinch of salt, stir well, then add garlic.
6. Cook until sticking slightly.
7. Add a splash of water, cover, and cook for about 10 minutes on low to medium heat.
8. Add the rinsed beans and ginger.
9. Add water to adjust thickness and simmer for another 5-10 minutes.
10. Garnish with chopped coriander.
11. Serve hot with rice or bread.

Nutritional values

Average values:	Per serving:	%RI per serving:
Energy	632 kcal	32%
Fat	12,8 g	18%
Saturated fat	1,8 g	9%
Carbohydrates	97,4 g	38%
Sugars	19,7 g	22%
Fibers	27,7 g	111%**
Protein	24,2 g	48%
Salt	4,0 g	66%

*reference intake for adults (Reg EU 1169/2011);
**calculated based on fiber adequate intake provided by EFSA.

UDON NOODLES

with peanut sauce

RECIPE BY UNIVERSITY OF MAGDEBURG

Servings:	Prep time:	Cook time:	Difficulty:	
2	Low	Low	Low	0,26 kg CO_2 eq per serving

Ingredients

Noodles & veggies:

- 200 g udon noodles
- 1 bell pepper
- 1 carrot
- 100 g broccoli
- 40 g spring onion
- 1 tbsp vegetable oil
- 2 tbsp peanut butter

Sauce:

- 2 tbsp soy sauce
- 1 tsp rice vinegar or lemon juice
- 1 tsp maple syrup or sugar
- Water to thin it out, a bit



Method

1. Cook the udon noodles according to the package instructions.
2. Chop the vegetables and sauté them in a large pan with oil.
3. Meanwhile, mix the sauce ingredients thoroughly.
4. Add the noodles and sauce to the vegetables, mix well, and fry everything together for 2-3 minutes.
5. Top with chopped spring onion.

Nutritional values

Average values:	Per serving:	%RI per serving:
Energy	394 kcal	20%
Fat	15,1 g	22%
Saturated fat	2,6 g	13%
Carbohydrates	51,1 g	20%
Sugars	13,9 g	15%
Fibers	5,6 g	22%**
Protein	14 g	28%
Salt	1,7 g	28%

*reference intake for adults (Reg EU 1169/2011);
**calculated based on fiber adequate intake provided by EFSA.

NEWARI ACHAR

Sesame potato salad

RECIPE BY UNIVERSITY OF MAGDEBURG

Servings: 1

Prep time: Medium

Cook time: Medium

Difficulty: Low

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0,26 kg CO_2 eq per serving

Ingredients

- 5- 6 potatoes
- 1 cucumber
- 1 large red onion
- 1 lemon
- 100 g sesame seeds
- Chili flakes, to taste
- Salt to taste
- 50 ml water



Method

1. Boil the potatoes until fully cooked. Peel them, then cut each into quarters. Set aside to cool.
2. Cut the cucumber into long, medium slices and thinly slice the red onion.
3. Heat a pan on low heat and dry roast the sesame seeds until golden brown and aromatic.
4. Grind the cooled sesame seeds, add water, and blend again to form a medium-thin paste.
5. In a large bowl, mix the potatoes, cucumber, sesame paste, sliced onions, chili flakes, salt, and lemon juice.
6. Mix thoroughly and serve fresh.

Nutritional values

Average values:	Per serving:	%RI per serving:
Energy	745 kcal	37%
Fat	26,1 g	37%
Saturated fat	2,8 g	14%
Carbohydrates	83,8 g	32%
Sugars	13,4 g	15%
Fibers	36,8 g	147%**
Protein	30,6 g	61%
Salt	0,8 g	13%

*reference intake for adults (Reg EU 1169/2011);
**calculated based on fiber adequate intake provided by EFSA.

HIGH PROTEIN COLCANNON MASH

with zero waste crackers

RECIPE BY ATU

Servings:	Prep time:	Cook time:	Difficulty:	
2	Medium	Medium	Medium	0,62 kg CO_2 eq per serving

Ingredients

Colcannon mash:

- 400 g potatoes
- 200 g sweet potato
- 60 g onion
- 89 g leek
- 17 g butter
- 35 g whey protein powder
- 15 g kale
- 2 g salt
- 0.5 g black pepper

High fibre crackers:

- Select all consumable waste from colcannon mash (potato skins, onion peels, kale stems)

Seasoning:

- Salt and black pepper, to taste
- Oregano, to taste

Method

Colcannon mash:

1. Wash and chop the potatoes.
2. Finely dice the onion and leeks.
3. Remove the stems from the kale.
4. Boil the potatoes for 15-20 minutes until soft.
5. While the potatoes cook, fry the onions and leeks in a pan with butter until soft.
6. Soften the kale in a separate pan with a splash of water until soft.
7. Drain the potatoes, add butter, salt, pepper, and mash until soft.
8. Add the whey protein powder and mix thoroughly.
9. Incorporate the kale, onion, and leeks into the mash. Serve warm.



Method

High fibre crackers:

1. Wash the potato skins, onion peels, and kale stems thoroughly.
2. Boil the food waste in a pot until soft.
3. Blend the boiled waste until it forms a smooth paste.
4. Season the paste with salt, black pepper, and oregano.
5. Spread thin layers of the paste on a baking tray and air dry for 2 hours.
6. Bake 180°C until crispy.
7. Cut into desired shapes.

Nutritional values

Average values:	Per serving:	%RI per serving:
Energy	387 kcal	19%
Fat	29,8 g	43%
Saturated fat	14,5 g	72%
Carbohydrates	20,3 g	8%
Sugars	19,9 g	22%
Fibers	6,1 g	24%**
Protein	7,4 g	15%
Salt	0,3 g	5%

*reference intake for adults (Reg EU 1169/2011);
**calculated based on fiber adequate intake provided by EFSA.

CLASSIC IRISH STEW
with tender beef

RECIPE BY ATU

Servings:	Prep time:	Cook time:	Difficulty:	
5	Medium	High	Medium	3,77 kg CO_2 eq per serving

Ingredients

- 11 g salted butter
- 45 g all-purpose flour
- 700 g beef stew meat
- 15 g red wine vinegar
- 15 g tomato paste
- 11 g brown sugar
- 15 g garlic
- 5.8 g salt
- 3.9 g pepper
- 2 sprigs thyme
- 1 bay leaf
- 460 g beef broth
- 2 onions
- 4 carrots
- 700 g potatoes
- 30 g parsley
- 80 g bread



Method

1. In a large pot, melt salted butter over medium heat.
2. Toss the beef stew meat in flour until well coated, then sear the meat in the butter until browned on all sides. Add chopped onions, garlic, tomato paste, and brown sugar. Stir and cook until fragrant.
3. Pour in red wine vinegar and beef broth, then stir in thyme, bay leaf, salt, and pepper. Add chopped carrots and halved potatoes. Bring to a boil, then reduce to a simmer. Cover and simmer for about 2 hours, or until the meat is tender and the vegetables are cooked through.
4. Remove the bay leaf and thyme sprigs. Adjust seasoning to taste.
5. Garnish with chopped parsley before serving. Serve with bread.

Nutritional values

Average values:	Per serving:	%RI per serving:
Energy	608 kcal	30%
Fat	9,1 g	13%
Saturated fat	3,4 g	17%
Carbohydrates	90,1 g	35%
Sugars	13,0 g	14%
Fibers	8,5 g	34%**
Protein	42,7 g	85%
Salt	3,5 g	58%

*reference intake for adults (Reg EU 1169/2011);
**calculated based on fiber adequate intake provided by EFSA.

MIGAS À ALENTEJANA

A southern Portuguese dish

RECIPE BY UNIVERSITY OF ÉVORA

Servings: 7

Prep time: High

Cook time: Medium

Difficulty: Medium

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0,59 kg CO_2 eq per serving

Ingredients

- Approx. 700 g pork loin (cubed)
- 1 kg stale bread
- 4 garlic cloves
- Approx. 1 L water
- Salt, to taste
- Bell pepper paste, to taste
- Bay leaf, to taste
- 1 glass white wine
- 70 g lard



Method

1. Marinate pork for 3 hours in spices and wine.
2. Fry the meat in lard.
3. Use the frying fat to cook thin slices of bread with garlic and boiling water.
4. Stir until porridge-like consistency.
5. Serve with pork.

Nutritional values

Average values:	Per serving:	%RI per serving:
Energy	662 kcal	33%
Fat	19.5 g	28%
Saturated fat	7.5 g	37%
Carbohydrates	90.3 g	35%
Sugars	3.6 g	4%
Fibers	5.9 g	24%**
Protein	31.5 g	63%
Salt	2.9 g	48%

*reference intake for adults (Reg EU 1169/2011);
**calculated based on fiber adequate intake provided by EFSA.

EMPADÃO

Meat/vegetable pie

RECIPE BY UNIVERSITY OF ÉVORA

Servings: 5

Prep time: Medium

Cook time: High

Difficulty: Medium

1,61 kg CO_2 eq per serving

Ingredients



Mash:

- 1 kg potatoes
- 200 ml hot milk
- 50 g butter
- Nutmeg, to taste
- Salt and pepper, to taste
- 50 ml olive oil

Filling:

- 400 g leftover cooked meat (beef, pork, etc.)
- 1 large onion
- 50 g flour
- 2 garlic cloves
- 400 ml milk
- Chopped parsley, to taste

Finalization:

- 1 egg yolk (for brushing)
- Nutmeg, to taste
- Salt and pepper, to taste

Method

1. Boil and peel the potatoes, then mash them. Add the hot milk, butter, nutmeg, salt, and pepper, and stir well. Set aside.
2. Sauté the finely chopped onion and garlic in olive oil. Sprinkle in flour, stir constantly, then add milk in a stream until thickened. Remove from heat, add chopped meat and parsley, and adjust seasoning. Set aside.
3. Assembly: Layer half of the mash in a baking dish, spread the meat mixture on top, and cover with the remaining mash. Brush with egg yolk.
4. Bake in a preheated oven at 180°C until golden brown.

Nutritional values

Average values:	Per serving:	%RI per serving:
Energy	570 kcal	28%
Fat	28,9 g	41%
Saturated fat	11,1 g	55%
Carbohydrates	51,6 g	20%
Sugars	9,6 g	11%
Fibers	4,2 g	17%**
Protein	26,9 g	54%
Salt	0,6 g	10%

*reference intake for adults (Reg EU 1169/2011);
**calculated based on fiber adequate intake provided by EFSA.

BROA OF MEAT/VEGETABLES

Portuguese stuffed bread

RECIPE BY UNIVERSITY OF ÉVORA

Servings:	Prep time:	Cook time:	Difficulty:	
8	High	High	Medium	0,52 kg CO_2 eq per serving

Ingredients

Dough:

- 500 g corn flour
- 250 g wheat flour
- 250 g rye flour
- 20 g fresh baker's yeast
- 1.5 L boiling water
- 250 ml cold water
- 1 tbsp coarse salt

Filling:

- 300 g shredded pork/vegetables (leftovers)
- 100 g chopped chorizo
- 1 medium onion (chopped)
- 2 garlic cloves (chopped)
- Olive oil, to taste
- Black pepper, to taste
- Paprika, to taste



Method

1. Mix flours, scald with boiling water, and stir well. Add yeast dissolved in cold, salted water. Knead until smooth and let rise for 1 to 2 hours.
2. Sauté onion and garlic in olive oil. Add shredded meat/ vegetables and chorizo, season with pepper and paprika. Cook for a few minutes.
3. Divide dough in two. Roll out the first half, spread filling, and cover with the second half. Shape into a loaf and sprinkle with corn flour.
4. Bake in a preheated oven at 350°F for 60 to 80 minutes.

Nutritional values

Average values:	Per serving:	%RI per serving:
Energy	561 kcal	28%
Fat	14,2 g	20%
Saturated fat	3,2 g	16%
Carbohydrates	82,9 g	32%
Sugars	3,7 g	4%
Fibers	10,7 g	43%**
Protein	25,3 g	51%
Salt	1,7 g	29%

*reference intake for adults (Reg EU 1169/2011);
**calculated based on fiber adequate intake provided by EFSA.

POLISH PIEROGIES

with buckwheat groats, goat cheese & beetroot

RECIPE BY WROCŁAW UNIVERSITY OF ENVIRONMENTAL AND LIFE SCIENCES

Servings: 3

Prep time: High

Cook time: High

Difficulty: Medium

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0,55 kg CO_2 eq per serving

Ingredients

Dough:

- 300 g wheat flour
- 200 ml boiling water
- A pinch of salt
- 1 tablespoon butter

Filling:

- 100 g buckwheat groats
- 3-4 beetroots
- 100 g hard goat cheese
- Spices
- 1 egg



Method

1. Cook buckwheat groats until tender. Cook beetroots with skin on until tender.
2. Peel cooked beetroots and finely grate them with goat cheese.
3. Mix filling ingredients with egg, salt, and pepper.
4. For the dough: Sift flour, and gradually add boiling water with melted butter and salt. Knead first with a knife, then by hand until smooth.
5. Roll out the dough, cut out rounds, place the filling, and press the edges to seal the pierogi shape.
6. Cook pierogies in boiling salted water approx. 2-3 minutes after they float.

Nutritional values

Average values:	Per serving:	%RI per serving:
Energy	591 kcal	30%
Fat	14,3 g	20%
Saturated fat	6,7 g	34%
Carbohydrates	89,0 g	34%
Sugars	8,9 g	10%
Fibers	14,8 g	59%**
Protein	24,5 g	49%
Salt	1,5 g	24%

*reference intake for adults (Reg EU 1169/2011);
**calculated based on fiber adequate intake provided by EFSA.

SPAGHETTI WITH RADISH LEAF PESTO

and goat cheese

RECIPE BY WROCŁAW UNIVERSITY OF ENVIRONMENTAL AND LIFE SCIENCES

Servings:	Prep time:	Cook time:	Difficulty:	
3	Low	Low	Low	●●○○○

0,55 kg CO_2 eq per serving

Ingredients

- 240 grams spaghetti
- Leaves from 2 bunches of radish
- 100 ml olive oil
- 50 grams parmesan cheese or goat cheese
- 20 grams walnuts or pine nuts
- 50 grams goat cheese
- 2 garlic cloves
- Salt, to taste
- few drops of lemon juice



Method

1. Wash and dry radish leaves.
2. Put the leaves in a blender and add the rest of the ingredients: olive oil, chopped nuts, grated parmesan cheese, and chopped garlic cloves.
3. Add a few drops of lemon juice.
4. Mix until smooth.
5. Cook pasta al dente and mix it with pesto.
6. Serve with sprinkled grated goat cheese on top.

Nutritional values

Average values:	Per serving:	%RI per serving:
Energy	719 kcal	36%
Fat	46,0 g	66%
Saturated fat	10,6 g	53%
Carbohydrates	59,3 g	23%
Sugars	2,7 g	3%
Fibers	2,2 g	9%**
Protein	19,7 g	39%
Salt	1,0 g	17%

*reference intake for adults (Reg EU 1169/2011);
**calculated based on fiber adequate intake provided by EFSA.

POTATO PANCAKE

with salmon tartare & avocado puree

RECIPE BY WROCŁAW UNIVERSITY OF ENVIRONMENTAL AND LIFE SCIENCES

Servings: 3

Prep time: Medium

Cook time: Low

Difficulty: Medium

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0,46 kg CO_2 eq per serving

Ingredients

- 600 g potatoes
- 1 small onion
- 1 egg
- 1 tablespoon wheat flour
- 200 grams fresh salmon fillet
- 3 pickled cucumbers
- 1 tablespoon capers (optional)
- Dill, to taste
- Juice and peel from half a lime
- 1 ripe avocado
- Juice from half a lemon
- 1 tablespoon olive oil
- Salt and pepper, to taste
- Canola oil



Method

1. Finely dice the salmon. Mix with diced cucumber, chopped dill, capers, lime juice, lime peel, and olive oil. Season and chill in the fridge for about 10-15 minutes.
2. Blend avocado with lemon juice, pepper, and salt. Cover with foil and set aside in a cool place.
3. Grate potatoes and onion, then squeeze out the excess liquid. Mix with egg, flour, salt, and pepper.
4. Heat canola oil and fry thin pancakes until golden brown on both sides. Place on paper towel to absorb excess oil.

Nutritional values

Average values:	Per serving:	%RI per serving:
Energy	607 kcal	30%
Fat	37,8 g	54%
Saturated fat	5,2 g	26%
Carbohydrates	44,0 g	17%
Sugars	5,7 g	6%
Fibers	6,3 g	25%**
Protein	22,3 g	45%
Salt	1,3 g	22%

*reference intake for adults (Reg EU 1169/2011);
**calculated based on fiber adequate intake provided by EFSA.

CIULAMA

Creamy chicken & mushroom stew

RECIPE BY UNIVERSITY OF ORADEA

Servings:	Prep time:	Cook time:	Difficulty:	0,81 kg CO_2 eq per serving
6	Medium	Medium	Medium	

Ingredients

Ciulama:

- 500 g chicken breast or thighs (boneless)
- 300 g mushrooms (champignon)
- 1 onion
- 2 tbsp flour
- 300 ml milk or cream
- 3 tbsp oil or butter
- Salt and pepper to taste

Mashed potatoes:

- 1.5 kg potatoes
- 500 ml milk
- 100 g butter
- Salt to taste
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Method

1. Boil peeled potatoes in salted water. Mash with butter and warm milk until smooth. Tip: Use warm milk for a fluffier texture.
2. Sauté chopped onion in oil, add diced chicken and cook until done. Add sliced mushrooms and cook for 5–10 minutes. Tip: Blend a part of the mushrooms for a more intense taste.
3. Sprinkle flour over the mixture, stir, then gradually add milk (or cream). Simmer until the sauce is thickened.
4. Serve the ciulama generously spooned over the mashed potatoes

Nutritional values

Average values:	Per serving:	%RI per serving:
Energy	582 kcal	29%
Fat	25,2 g	36%
Saturated fat	12,2 g	61%
Carbohydrates	58,2 g	22%
Sugars	10,8 g	12%
Fibers	5,7 g	23%**
Protein	31,5 g	63%
Salt	1,1 g	18%

*reference intake for adults (Reg EU 1169/2011);
**calculated based on fiber adequate intake provided by EFSA.

LETTUCE SOUP

Ciorbă de Salată

RECIPE BY UNIVERSITY OF ORADEA

Servings: 2

Prep time: Low

Cook time: Medium

Difficulty: Low

0,86 kg CO_2 eq per serving

Ingredients

- 500 g green lettuce
- 2 small onions
- 2 tablespoons oil
- 500 mL stock + water if needed (or lemon juice)
- 2 eggs
- 200 ml sour cream
- Salt to taste
- 70 g rye bread



Method

1. Wash the lettuce leaves thoroughly and blanch them briefly in boiling salted water.
2. In a pot, sauté finely chopped onion in oil until golden. Add the chopped lettuce leaves along with some water or clear soup. Let it simmer for about 10 minutes, then add the stock or lemon juice for extra flavor.
3. Beat the eggs with the sour cream.
4. Slowly incorporate the egg and cream mixture into the hot soup, stirring continuously to avoid curdling.
5. Serve the soup warm, sprinkled with fresh parsley and

Nutritional values

Average values:	Per serving:	%RI per serving:
Energy	646 kcal	32%
Fat	41,1 g	59%
Saturated fat	17,4 g	87%
Carbohydrates	47,1 g	18%
Sugars	16,1 g	18%
Fibers	8,1 g	32%**
Protein	21,0 g	42%
Salt	3,7 g	61%

*reference intake for adults (Reg EU 1169/2011);
**calculated based on fiber adequate intake provided by EFSA.

LAYERED POLENTA "CAKE"

Mămăligă stratificată

RECIPE BY UNIVERSITY OF ORADEA

Servings:	Prep time:	Cook time:	Difficulty:	
8	High	High	Medium	0,94 kg CO_2 eq per serving

Ingredients

- 500 ml water
- 500 g cornmeal
- 1 kg yogurt (3.5% fat)
- 5 eggs
- 20 g salt
- 200 g lightly fried bacon
- 200 g cottage cheese
- 2 stalks green onions
- 1 tbsp chopped fresh dill
- 150 g shredded cheese
- 100 g sour cream (20% fat)
- Dill and green onion leaves for garnish
- 10 cubes fried bacon
- Salt and pepper, to taste



Method

1. Mix water, yogurt, and salt until smooth. Bring to a boil and gradually whisk in cornmeal. Cook until thickened, then let cool to below 70°C.
2. Separate eggs; beat whites with salt until stiff. Mix yolks into the cooled polenta, then gently fold in the whites. Divide the polenta mixture into three equal portions.
3. In a lined pan, create the layers: (1) First polenta portion, (2) Fried bacon, (3) Second polenta portion, (4) Cheese mixture (cottage cheese and shredded cheese), (5) Final polenta portion.
4. Top with sour cream, shredded cheese, finely chopped dill, green onion, and bacon cubes.
5. Bake at 180°C for 40 minutes. Serve warm.

Nutritional values

Average values:	Per serving:	%RI per serving:
Energy	654 kcal	33%
Fat	38,8 g	55%
Saturated fat	16,8 g	84%
Carbohydrates	53,4 g	21%
Sugars	8,4 g	9%
Fibers	2,1 g	8%**
Protein	25,4 g	51%
Salt	3,1 g	52%

*reference intake for adults (Reg EU 1169/2011);
**calculated based on fiber adequate intake provided by EFSA.

TOROȘ

Traditional Transylvanian cabbage & meat stew

RECIPE BY UNIVERSITY OF ORADEA

Servings: 6

Prep time: Medium

Cook time: High

Difficulty: Medium

0,81 kg CO_2 eq per serving

Ingredients

- 1 kg pickled cabbage (finely chopped)
- 500 g pork (preferably pork leg or neck)
- 100 g smoked bacon (optional)
- 2 medium onions
- 2 tbsp oil or lard
- 1 tbsp sweet paprika
- Pepper to taste
- 250 g boiled potatoes
- 50 g rye bread



Method

1. In a large skillet, heat the oil or lard. Add finely chopped onion and sauté until golden brown.
2. Dice the pork and add it to the onions. Brown the meat for 10 minutes, stirring occasionally.
3. Add the diced smoked bacon (optional) and continue cooking for another 5 minutes.
4. Add the finely chopped pickled cabbage over the meat, stirring well. Add paprika, salt and pepper to taste.
5. Cover the saucepan and simmer the toroș for about 40-50 minutes, stirring occasionally. Add a little water if necessary to prevent sticking.
6. Serve warm with mămăliguță (polenta) or rustic bread, optionally with sour cream.

Nutritional values

Average values:	Per serving:	%RI per serving:
Energy	607 kcal	30%
Fat	21,7 g	31%
Saturated fat	4,7 g	24%
Carbohydrates	72,0 g	28%
Sugars	5,9 g	7%
Fibers	10,1 g	40%**
Protein	30,2 g	60%
Salt	4,9 g	82%

*reference intake for adults (Reg EU 1169/2011);
**calculated based on fiber adequate intake provided by EFSA.

BEAN SOUP WITH SMOKED SAUSAGE

Ciorbă de fasole afumată

RECIPE BY UNIVERSITY OF ORADEA

Servings:	Prep time:	Cook time:	Difficulty:	
8	Medium	High	Medium	●●○○○

0,45 kg CO_2 eq per serving

Ingredients

- 500 g kidney beans (preferably white)
- 500 g smoked sausage, chickpeas, ribs or smoked sausage
- 1 large onion
- 2 medium carrots
- 1 parsnip root (optional)
- 1 red or green pepper
- 3 tbsp oil
- 1 tsp sweet paprika
- 2 tbsp tomato paste or 200 ml tomato juice
- 2 bay leaves
- Salt and pepper to taste
- 1 bunch fresh dill



Method

1. Rinse the beans and soak for 6–8 hours (ideally overnight). Drain, rinse again, and boil in cold water for 15 minutes. Change the water and boil again for 40–50 minutes until almost cooked.
2. Chop the smoked meat and, if salted, boil it separately for 20–30 minutes to remove excess salt.
3. Sauté the chopped onion, carrots, parsnip, and pepper in oil. Once the vegetables are cooked, add the paprika.
4. Add the boiled smoked meat, beans, and just enough hot water to cover. Add bay leaves, salt, and pepper. Simmer for 30 minutes.
5. 10 minutes before the end, add tomato paste or tomato juice. Finally, sprinkle with fresh dill.

Nutritional values

Average values:	Per serving:	%RI per serving:
Energy	614 kcal	31%
Fat	35,1 g	50%
Saturated fat	11,4 g	57%
Carbohydrates	40,8 g	16%
Sugars	8,1 g	9%
Fibers	12,6 g	51%**
Protein	29,9 g	60%
Salt	3,0 g	50%

*reference intake for adults (Reg EU 1169/2011);
**calculated based on fiber adequate intake provided by EFSA.

MIGAS EXTREMEÑAS

A Spanish classic

RECIPE BY UNIVERSITY OF EXTREMADURA

Servings:	Prep time:	Cook time:	Difficulty:	
3	Low	Medium	Medium	0,48 kg CO_2 eq per serving

Ingredients

- 500 g stale bread
- 100 g pancetta or chorizo (optional)
- 4 garlic cloves
- 1 tsp sweet paprika
- 4 tbsp olive oil
- A pinch of salt
- Water, as needed



Method

1. Prepare the bread: Tear the stale bread into small pieces, sprinkle lightly with water, cover, and let rest for one hour to moisten.
2. Fry the garlic in olive oil. If using, add the pancetta or chorizo and cook until crispy.
3. Add the moistened bread to the pan and stir constantly over medium heat. Continue cooking and stirring until the bread is golden and crispy.
4. Remove from heat, add the paprika, and mix well to distribute the color.
5. Serve hot, traditionally with grapes or fried peppers.

Nutritional values

Average values:	Per serving:	%RI per serving:
Energy	767 kcal	38%
Fat	39,3 g	56%
Saturated fat	10,6 g	53%
Carbohydrates	83,7 g	32%
Sugars	5,4 g	6%
Fibers	9,9 g	39%**
Protein	20 g	40%
Salt	3,1 g	51%

*reference intake for adults (Reg EU 1169/2011);
**calculated based on fiber adequate intake provided by EFSA.

Snacks



RENIM'S APPLE FLOWER

Baked cinnamon apple dessert

RECIPE BY UNIVERSITY OF GÄVLE

Servings:	Prep time:	Cook time:	Difficulty:	
12 pcs	Low	Low	Low	●○○○○

0,39 kg CO_2 eq per serving (2 psc)

Ingredients

- 3 red apples, medium-big
- 3 tortilla bread
- 25 g butter
- 2 tsp cinnamon
- 3 tsp sugar
- 2 tsp vanilla sugar
- 60 g vanilla ice cream



Method

1. Start by preheating the oven to 175°C for 10 minutes.
2. Peel the apples and chop them intice each one into 1/4 pieces. You should now have 12 pieces of sliced tortilla bread.
3. Place your tortilla pieces in a 12-hole o small, bite-sized pieces; place them in a bowl. Take the 3 tortilla bread pieces and muffin form/tray. They should be shaped to look like flowers.
4. Bake the tortilla pieces in the oven for about 10 minutes.
5. Put the butter into a pan and stir-fry your apple slices until they are quite soft. Add the dry ingredients to the apples: first the sugar, then the cinnamon, and lastly the vanilla sugar. Stir the apples until they are completely soft and caramelized.
6. Divide the apple slices evenly among the 12 baked, flower-shaped tortilla cups.
7. Serve it with melted chocolate, ice cream, sweet condensed milk, or vanilla sauce

Nutritional values

Average values:	Per serving:	%RI per serving:
Energy	192,5 kcal	19%
Fat	7,8 g	22%
Saturated fat	3,7 g	37%
Carbohydrates	28,3 g	22%
Sugars	15,7 g	35%
Fibers	1,7 g	13%**
Protein	3,1 g	13%
Salt	3,1 g	13%

*reference intake for adults (Reg EU 1169/2011);
**calculated based on fiber adequate intake provided by EFSA.

CUCUMBER SALAD
with toasted bread

RECIPE BY UNIVERSITY OF MAGDEBURG

Servings: 1

Prep time: Low

Cook time: None

Difficulty: Low

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0,33 kg CO_2 eq per serving

Ingredients

- 150 g Cucumber
- 125 ml Plain yoghurt or plant-based yoghurt
- 3 g Fresh dill
- 5 g Garlic
- 10 ml Lemon juice
- Salt & pepper, to taste
- 50 g Toasted bread



Method

1. Thinly slice or cut cucumber into cubes.
2. Chop dill and garlic.
3. Mix with yoghurt, lemon juice, salt, and pepper.
4. Eat fresh with bread or let it chill in the fridge overnight.

Nutritional values

Average values:	Per serving:	%RI per serving:
Energy	263 kcal	13%
Fat	6,4 g	9%
Saturated fat	2,9 g	15%
Carbohydrates	41,2 g	16%
Sugars	10,2 g	11%
Fibers	4,3 g	17%**
Protein	10,8 g	22%
Salt	1,5 g	25%

*reference intake for adults (Reg EU 1169/2011);
**calculated based on fiber adequate intake provided by EFSA.

NO-BAKE APPLE CRUMBLE

with cinnamon

RECIPE BY UNIVERSITY OF MAGDEBURG

Servings:	Prep time:	Cook time:	Difficulty:	
1	Low	Low	Low	0,51 kg CO_2 eq per serving

Ingredients

- 200 g apples (works even with older, bruised apples)
- Cinnamon, to taste
- 40 oats
- 10 g flour
- 1 tsp sugar or sweetener of choice
- 10 g coconut oil or butter
- 60 g vanilla ice cream (optional)



Method

1. Cube and peel the apples.
2. In a pot or pan, fry the apples with cinnamon until softened.
3. In another pan, heat the oil, add oats, flour, and sweetener, and fry on medium heat until crunchy clumps form, stirring constantly.
4. To serve, layer the apples and the crumble, and optionally top with some vanilla ice cream.

Nutritional values

Average values:	Per serving:	%RI per serving:
Energy	487 kcal	24%
Fat	17,8 g	25%
Saturated fat	8,7 g	44%
Carbohydrates	75 g	29%
Sugars	40,8 g	45%
Fibers	7,3 g	29%**
Protein	7,6 g	15%
Salt	0,1 g	1%

*reference intake for adults (Reg EU 1169/2011);
**calculated based on fiber adequate intake provided by EFSA.

CRANBERRY COOKIES

with white chocolate

RECIPE BY UNIVERSITY OF MAGDEBURG

Servings:
10 cookies

Prep time:
Medium

Cook time:
Low

Difficulty:
Low

0,34 kg CO_2 eq per serving

Ingredients

- 180 g all-purpose flour
- 100 g butter, softened
- 150 g sugar
- 1 egg
- 1 tsp vanilla extract
- 1/2 tsp baking powder
- 1/2 tsp salt
- 100 g white chocolate, chopped
- 100 g dried cranberries



Method

1. Preheat your oven to 170°C.
2. Line a baking sheet.
3. In a large bowl, beat the softened butter, sugar, and egg together until light and fluffy.
4. Add the vanilla extract and mix.
5. Gradually mix in the flour, baking powder, and salt.
6. Fold in the chopped white chocolate and dried cranberries.
7. Use a tablespoon to place portions of dough onto the baking sheet.
8. Bake for 10-15 minutes, or until the edges are lightly golden. The centers should still be soft.
9. Remove the cookies from the oven while still soft; they will firm up as they cool.

Nutritional values

Average values:	Per serving (2 cookies):	%RI per serving:
Energy	521 kcal	26%
Fat	24,4 g	35%
Saturated fat	14,0 g	70%
Carbohydrates	70,8 g	27%
Sugars	46,2 g	51%
Fibers	2,3 g	9%**
Protein	7,1 g	14%
Salt	0,8 g	13%

*reference intake for adults (Reg EU 1169/2011);
**calculated based on fiber adequate intake provided by EFSA.

BUTTER SUGAR CAKE

Butterkuchen

RECIPE BY UNIVERSITY OF MAGDEBURG

Servings: 10

Prep time: Medium

Cook time: Medium

Difficulty: Low

0,39 kg CO_2 eq per serving

Ingredients

Cake:

- 1 cup (250 ml) cream,
- 2 cups (300 g) flour
- 4 eggs
- 1 package baking powder

Topping:

- 125 g butter
- 100 g almond slices
- 1 cup (250 g) sugar
- 3-4 tbsp milk



Method

1. Slice the onion and chop the asparagus.
2. Sauté the onion in olive oil for 5 minutes, then add the asparagus and a splash of broth. Cook until tender.
3. Boil the pasta, drain, and mix with the vegetables and diced primo sale.
4. Season to taste and serve warm.

Nutritional values

Average values:	Per serving:	%RI per serving:
Energy	610 kcal	31%
Fat	14,1 g	20%
Saturated fat	2,1 g	11%
Carbohydrates	87,2 g	34%
Sugars	6,8 g	8%
Fibers	10,2 g	41%**
Protein	33,9 g	68%
Salt	1,8 g	23%

*reference intake for adults (Reg EU 1169/2011);
**calculated based on fiber adequate intake provided by EFSA.

SUSTAINABLE CHOCOLATE BROWNIE

with dried coffee grinds

RECIPE BY ATU

Servings: 12

Prep time: Medium

Cook time: Medium

Difficulty: Low

0,29 kg CO_2 eq per serving

Ingredients

- 185 g unsalted butter
- 185 g dark or milk chocolate chips
- 85 g plain flour
- 40 g cocoa powder
- 3 eggs
- 275 g sugar
- 70 g coffee grinds (optional)
- 5 g vanilla essence
- 0.3 g salt



Method

1. Preheat oven to 180°C/160°C fan/gas 4. Line a shallow 20cm square baking tin. Cut the butter into small cubes, add to a medium bowl with the chocolate, and melt over a double boiler or in a microwave in short 10-20 second bursts until fully melted. Let cool slightly.
2. In a separate bowl, sieve the plain flour and cocoa, and add salt (if using). Break the eggs into a large bowl and add the caster sugar. Whisk in an electric mixer on high speed until thick, creamy, and pale in colour (the mix should double in size); add in the vanilla.
3. Pour the cooled chocolate mixture over the egg mix, then gently fold together with a rubber spatula until just combined. Fold in the cocoa and flour (and dried coffee grinds/nuts, if using), taking care not to over mix, until it is all incorporated and an even colour. Pour the mixture into the prepared tin. Bake for 25 minutes in the middle shelf. If the mix is too wobbly, bake for another 5-10 minutes until the sides are coming away from the tin. Cool completely in the tin or set in the fridge before cutting into squares.

Nutritional values

Average values:	Per serving:	%RI per serving:
Energy	610 kcal	31%
Fat	14,1 g	20%
Saturated fat	2,1 g	11%
Carbohydrates	87,2 g	34%
Sugars	6,8 g	8%
Fibers	10,2 g	41%**
Protein	33,9 g	68%
Salt	1,8 g	23%

*reference intake for adults (Reg EU 1169/2011);
**calculated based on fiber adequate intake provided by EFSA.

RISSÓIS

Savoury fried/baked pastries

RECIPE BY UNIVERSITY OF ÉVORA

Servings: 20 pcs

Prep time: High

Cook time: Medium

Difficulty: Medium

0,32 kg CO_2 eq per serving

Ingredients

Dough:

- 250 ml water
- 250 ml milk (or water)
- 1 tbsp butter/olive oil
- Peel of 1 lemon
- 1 pinch salt
- 400 g wheat flour

Filling:

- 300 g minced/shredded meat or vegetables (leftovers)
- 1 onion (chopped)
- 2 garlic cloves
- 2 tbsp tomato pulp
- 1 tbsp flour
- 1.5 cups white wine
- Parsley/coriander (chopped), to taste
- Salt, pepper and olive oil, to taste



Method

1. In a saucepan, boil water, milk, butter, salt, and lemon peel.
2. Remove peel, add flour, and stir until a ball forms. Cool the dough.
3. Sauté onion, garlic, and meat; add pulp, wine, and flour, and let the filling thicken.
4. Roll out the dough, cut circles, fill, and close into half-moons.
5. Dip in beaten egg and coat in breadcrumbs; fry or bake.

Nutritional values

Average values:	Per serving:	%RI per serving:
Energy	133 kcal	7%
Fat	1.9 g	3%
Saturated fat	0.9 g	5%
Carbohydrates	20.0 g	8%
Sugars	2.4 g	3%
Fibers	1.1 g	4%**
Protein	5.8 g	12%
Salt	0.1 g	2%

*reference intake for adults (Reg EU 1169/2011);
**calculated based on fiber adequate intake provided by EFSA.

EMPADAS

Small, savoury, baked pies

RECIPE BY UNIVERSITY OF ÉVORA

Servings:
12-15 psc

Prep time:
High

Cook time:
Medium

Difficulty:
Medium

0,19 kg CO_2 eq per serving

Ingredients

Dough:

- 500 g wheat flour
- 2 eggs
- 2 tbsp softened butter
- 100 ml oil
- 1 pinch salt
- 1 egg yolk (for brushing)

Chicken filling (leftovers):

- 400 g cooked and shredded chicken
- 1 onion (chopped)
- 250 ml hot milk
- 3 tbsp olive oil
- 1 tbsp flour
- Parsley (chopped), to taste
- Salt and pepper, to taste



Method

1. Mix all the dough ingredients (flour, eggs, butter, oil, salt) until combined. Wrap and refrigerate until firm.
2. Sauté the chopped onion in olive oil. Add the flour and hot milk, stirring constantly to form a thick, smooth cream. Add the shredded chicken and parsley, and season with salt and pepper.
3. Use the dough to line small baking tins. Fill each one with the chicken mixture. Use remaining dough to cover the tops, sealing the edges.
4. Brush the tops with the whisked egg yolk and bake at 180 °C (350°F) until golden brown (approximately 25 minutes)

Nutritional values

Average values:	Per serving:	%RI per serving:
Energy	237 kcal	12%
Fat	10,8 g	15%
Saturated fat	2,9 g	15%
Carbohydrates	23,1 g	9%
Sugars	2,5 g	3%
Fibers	2,9 g	12%**
Protein	11,9 g	24%
Salt	0,1 g	1%

*reference intake for adults (Reg EU 1169/2011);
**calculated based on fiber adequate intake provided by EFSA.

PATANISCAS OF CODFISH

Fritters

RECIPE BY UNIVERSITY OF ÉVORA

Servings:	Prep time:	Cook time:	Difficulty:	
15 psc	Medium	Low	Low	0,11 kg CO_2 eq per serving

Ingredients

- 300 g desalted cod (leftovers)
- 8 tbsp self-raising flour
- 1 cup milk or cooking water
- 3 eggs
- 1 small onion (chopped)
- 2 tbsp chopped parsley
- 1 clove garlic (chopped)
- Salt and pepper, to taste
- Olive oil, to taste
- Frying oil, as needed



Method

1. Boil and flake the cod.
2. Mix the eggs, cod, parsley, garlic, and onion. Gradually add the flour and liquid until the batter is smooth.
3. Season, fry spoonfuls of the batter, and drain.

Nutritional values

Average values:	Per serving:	%RI per serving:
Energy	120 kcal	6%
Fat	7,4 g	11%
Saturated fat	1,4 g	7%
Carbohydrates	6,4 g	2%
Sugars	0,9 g	1%
Fibers	0,7 g	3%**
Protein	7,0 g	14%
Salt	0,2 g	3%

*reference intake for adults (Reg EU 1169/2011);
**calculated based on fiber adequate intake provided by EFSA.

ESCARAPIASA

Cinnamon & sugar pastry

RECIPE BY UNIVERSITY OF ÉVORA

Servings:	Prep time:	Cook time:	Difficulty:	0,14 kg CO_2 eq per serving
8	Low	Low	Low	

Ingredients

- 500 g sourdough bread dough (leftovers)
- 100–150 g brown sugar
- 1 tsp ground cinnamon
- 2 tbsp extra virgin olive oil
- Lemon zest



Method

1. Preheat the oven to 200 °C (400°F).
2. Roll out the leftover dough thinly. Brush the dough with olive oil, then sprinkle generously with the brown sugar, cinnamon, and lemon zest.
3. Fold the dough into layers (like a letter) and repeat the sprinkling process on the surface of the folded dough.
4. Place the pastry on a greased baking tray and bake for 15–20 minutes until golden brown and crispy.
5. Let cool completely before cutting into squares and serving.

Nutritional values

Average values:	Per serving:	%RI per serving:
Energy	249 kcal	12%
Fat	3,4 g	5%
Saturated fat	0,5 g	3%
Carbohydrates	50,2 g	19%
Sugars	26,9 g	30%
Fibers	5,7 g	23%**
Protein	4,8 g	10%
Salt	0,0 g	1%

*reference intake for adults (Reg EU 1169/2011);
**calculated based on fiber adequate intake provided by EFSA.

PUDDING

with cake scraps

RECIPE BY UNIVERSITY OF ÉVORA

Servings:	Prep time:	Cook time:	Difficulty:	
8	Low	Medium	Medium	●○○○○

0,27 kg CO_2 eq per serving

Ingredients

- 3 eggs
- 1 can condensed milk
- 1 can water (use condensed milk can for measurement)
- Leftover cake (use condensed milk can for volume measurement)
- Sugar (for caramel), as needed



Method

1. In a pudding mold, add the required amount of sugar and heat it until it caramelizes into a syrup. Swirl the mold to coat the sides, then set aside.
2. In a blender, beat the eggs. Add the condensed milk and the water and blend for a few more minutes.
3. Add the leftover cake scraps to the blender and blend again until the mixture is smooth.
4. Pour the blended liquid into the prepared mold with the caramel syrup.
5. Bake in a bain-marie (water bath) for about 40 minutes or until a toothpick comes out clean.

Nutritional values

Average values:	Per serving:	%RI per serving:
Energy	389 kcal	19%
Fat	11,3 g	16%
Saturated fat	5,6 g	28%
Carbohydrates	64,1 g	25%
Sugars	49,5 g	55%
Fibers	0,7 g	3%**
Protein	11,1 g	22%
Salt	0,7 g	12%

*reference intake for adults (Reg EU 1169/2011);
**calculated based on fiber adequate intake provided by EFSA.

BOEUF SALAD

with pickles & mayonnaise

RECIPE BY UNIVERSITY OF ORADEA

Servings: 10

Prep time: Medium

Cook time: Medium

Difficulty: Low

1,02 kg CO_2 eq per serving

Ingredients

- 500 g potatoes
- 300 g carrots
- 200 g parsley root
- 200 g celery
- 300 g beef (or chicken breast if you prefer)
- 200 g peas (optional)
- 300 g pickled cucumber
- 300 g pickled pepper
- Mayonnaise (about 300 g)
- Salt and pepper to taste
- Rice/pasta/cous cous or other cereals (1 serving, 80 g) (for lunch or dinner)



Method

1. Boil the vegetables (potatoes, carrots, parsley and celery) and meat separately. Once they have cooled, cut them into small cubes.
2. Dice the pickled cucumber and pickled glet/goulash and squeeze well to remove excess liquid.
3. Mix all ingredients in a large bowl, add mayonnaise, salt and pepper to taste.
4. Garnish with mayonnaise, donut strips or boiled egg.
5. Serve well chilled with cereals (rice, pasta, cous cous or others) if for lunch or dinner.

Nutritional values

Average values:	Per serving:	%RI per serving:
Energy	700 kcal	35%
Fat	33,6 g	48%
Saturated fat	4,7 g	23%
Carbohydrates	82,2 g	32%
Sugars	6,2 g	7%
Fibers	6,0 g	24%**
Protein	19,3 g	39%
Salt	1,7 g	29%

*reference intake for adults (Reg EU 1169/2011);
**calculated based on fiber adequate intake provided by EFSA.

ZACUSCA

Vegetable spread

RECIPE BY UNIVERSITY OF ORADEA

Servings:	Prep time:	Cook time:	Difficulty:	
12 (24 half portions)	High	High	Medium	**0,14 kg CO_2 eq per serving**

Ingredients

- 2 kg eggplants
- 1 kg red bell peppers (or kapia)
- 500 g onions
- 500 g tomatoes (or 300 ml tomato paste)
- 250 ml sunflower oil
- 2 bay leaves
- Salt and pepper to taste



Method

1. Roast eggplants and peppers (on a grill for a smokey flavor), peel, and chop them. Tip: Dry the eggplants to get rid of the bitter aftertaste.
2. Finely chop onions and sauté in oil until golden. Add chopped peppers and cook for 10 minutes. Add eggplants and chopped tomatoes or tomato paste. Simmer everything for 1–2 hours, stirring occasionally. Tip: Keep stirring in the last 15 minutes to avoid burning.
3. Season with salt, pepper, and bay leaves. Pour hot zacuscă into sterilized jars and seal for storage.

Nutritional values

Average values:	Per serving (½ portion):	%RI per serving:
Energy	610 kcal	31%
Fat	14,1 g	20%
Saturated fat	2,1 g	11%
Carbohydrates	87,2 g	34%
Sugars	6,8 g	8%
Fibers	10,2 g	41%**
Protein	33,9 g	68%
Salt	1,8 g	23%

*reference intake for adults (Reg EU 1169/2011);
**calculated based on fiber adequate intake provided by EFSA.

GAZPACHO EXTREMEÑO

Cold vegetable drink

RECIPE BY UNIVERSITY OF EXTREMADURA

Servings:	Prep time:	Cook time:	Difficulty:	
2	Low	None	Low	0,32 kg CO_2 eq per serving

Ingredients

- 4 ripe tomatoes
- 1 green pepper
- 1 cucumber
- 1 garlic clove
- 50 g stale bread
- 3 tbsp olive oil
- 2 tbsp vinegar
- A pinch of salt
- Cold water, as needed



Method

1. Soak the stale bread in a little water until it becomes soft.
2. Roughly chop all the vegetables (tomatoes, pepper, cucumber, and garlic).
3. Place the soaked bread and all the chopped vegetables in a blender. Add the olive oil, vinegar, and salt. Blend thoroughly until smooth.
4. Add cold water to reach your desired consistency (the Extremadura version is often thicker than Andalusian gazpacho).
5. Strain the mixture if you prefer a silkier texture, and serve well chilled.

Nutritional values

Average values:	Per serving:	%RI per serving:
Energy	280 kcal	14%
Fat	16,6 g	24%
Saturated fat	2,8 g	14%
Carbohydrates	25,9 g	10%
Sugars	14,1 g	16%
Fibers	4,6 g	18%**
Protein	6,0 g	12%
Salt	0,8 g	14%

*reference intake for adults (Reg EU 1169/2011);
**calculated based on fiber adequate intake provided by EFSA.

BREAD & BUTTER PUDDING

Traditional British & Irish dessert

RECIPE BY ATU

Servings:	Prep time:	Cook time:	Difficulty:	
6	Medium	Medium	Low	0,33 kg CO_2 eq per serving

Ingredients

- 180–225 g stale white bread (8–10 slices)
- 80 g butter
- 3 eggs
- 350 g milk
- 80 g sugar
- 2.5 g cinnamon
- 5 g vanilla extract
- 50 g raisins or dried cranberries
- Nutmeg or brown sugar (optional), sprinkled on top, to taste



Method

1. Preheat oven to 180°C.
2. Grease an 8-inch round or 9 x 7-inch baking dish. Butter both sides of the bread and cut each slice into triangles.
3. Layer the triangles, overlapping, in the dish. Sprinkle half the raisins and sugar over the top. Repeat the process for the next layer.
4. In a large bowl, whisk together the milk, eggs, and cinnamon. Add vanilla extract. Pour the custard mix over the bread, ensuring every slice is soaked. Set aside for the bread to absorb for 20-30 minutes.
5. Give a little push down to ensure all the bread is soaking up the custard. Top with a sprinkle of grated nutmeg or brown sugar (optional). Bake for about 45 minutes or until the pudding has risen and is golden with a slight jiggle in the middle.

Nutritional values

Average values:	Per serving:	%RI per serving:
Energy	349 kcal	17%
Fat	16,1 g	23%
Saturated fat	8,7 g	43%
Carbohydrates	43,0 g	17%
Sugars	26,6 g	30%
Fibers	2,5 g	10%**
Protein	8,9 g	18%
Salt	0,7 g	12%

*reference intake for adults (Reg EU 1169/2011);
**calculated based on fiber adequate intake provided by EFSA.

COLIVĂ

Boiled wheat dessert

RECIPE BY UNIVERSITY OF ORADEA

Servings:	Prep time:	Cook time:	Difficulty:	
18	Medium	High	Medium	0,04 kg CO_2 eq per serving

Ingredients

- 500 g wheat for colivă
- 200 g sugar
- Ground walnut (to taste)
- Rum or vanilla essence
- Grated lemon/orange zest



Method

1. Wash the wheat well and boil in a large amount of water until soft.
2. Add the sugar towards the end of boiling and stir well.
3. When completely cool, mix with the ground walnut, essence, and grated zest.
4. Decorate with whole nuts or decorative bonbons.
5. Serving Tips: Serve with a cup of tea or black coffee to balance the sweetness.

Nutritional values

Average values:	Per serving:	%RI per serving:
Energy	148 kcal	7%
Fat	2,3 g	3%
Saturated fat	0,2 g	1%
Carbohydrates	28,0 g	11%
Sugars	12,5 g	14%
Fibers	2,7 g	11%**
Protein	3,7 g	7%
Salt	0,0 g	0%

*reference intake for adults (Reg EU 1169/2011);
**calculated based on fiber adequate intake provided by EFSA.

SARMALE

Cabbage rolls

RECIPE BY UNIVERSITY OF ORADEA

Servings:
30 pcs
(1 roll = 1 serving)

Prep time:
High

Cook time:
High

Difficulty:
High

0,18 kg CO_2 eq per serving

Ingredients

- 1 kg pork meat (preferably pork leg or neck, minced)
- 100 g rice (preferably round grain)
- 2 medium onions
- 50 ml oil
- 1 tsp sweet paprika
- Salt and pepper to taste
- 1 tsp dried thyme
- 1 bunch fresh dill (finely chopped)
- 1 large pickled cabbage (about 10–12 large cabbage leaves)
- 500 ml tomato juice or bullion
- 2 bay leaves
- 1 tsp dried thyme
- 50 g smoked bacon (optional for a more intense taste).



Method

1. Unwrap the pickled cabbage leaves, wash well and, if too sour, let them drain for 30 minutes. Cut thick ribs for easy rolling.
2. Cook the chopped onion in oil, add the paprika. Then mix with the minced meat, washed rice, dill, thyme, salt, and pepper. Knead the mixture well.
3. Put a spoonful of stuffing on each leaf and roll them up tightly.
4. Chop the rest of the cabbage and place it on the bottom of the pot. Arrange the sarmale in layers, possibly with pieces of smoked bacon or ham in between.
5. Mix tomato juice with warm water, bay leaves, and dried thyme. Pour over the sarmale until completely covered.
6. Cover the pot and simmer or cook in the oven at 180°C for 2–3 hours. Top up with liquid if it reduces too much.

Nutritional values

Average values:	Per serving:	%RI per serving:
Energy	71 kcal	4%
Fat	3,3 g	5%
Saturated fat	0,8 g	4%
Carbohydrates	2,5 g	1%
Sugars	1,7 g	2%
Fibers	0,9 g	4%**
Protein	7,5 g	15%
Salt	0,8 g	13%

*reference intake for adults (Reg EU 1169/2011);
**calculated based on fiber adequate intake provided by EFSA.

BRAZILIAN LEMONADE

Limonada suíça

RECIPE BY ATU

Servings: 6

Prep time: Low

Cook time: None

Difficulty: Low

0,2 kg CO_2 eq per serving

Ingredients

- 4 limes
- 397 g sweetened condensed milk
- 770 g water
- 420 g ice cubes



Method

1. Wash limes, dry them, cut off the ends, then cut into quarters. **Crucially**, take out the white pith (white part inside) to prevent bitterness.
2. Put the limes and cold water in a blender. Blend for about 1 minute.
3. Strain the juice through a sieve and throw away the pulp.
4. Put the strained juice back in the blender. Add the ice and sweetened condensed milk. Blend again for about 1 minute.
5. Pour into glasses and add lime slices on top for decoration.

Nutritional values

Average values:	Per serving:	%RI per serving:
Energy	229 kcal	11%
Fat	6,0 g	9%
Saturated fat	3,2 g	16%
Carbohydrates	39,7 g	15%
Sugars	39,7 g	44%
Fibers	0,9 g	4%**
Protein	5,9 g	12%
Salt	0,2 g	4%

*reference intake for adults (Reg EU 1169/2011);
**calculated based on fiber adequate intake provided by EFSA.

BLACKBERRY VIRGIN MOJITO

Non-alcoholic mocktail

RECIPE BY ATU

Servings:	Prep time:	Cook time:	Difficulty:	0,17 kg CO_2 eq per serving
6	Low	Low	Low	

Ingredients

Mojito:

- 150 g blackberries
- 4 g sugar
- 120 g lime juice
- 480 g ice cubes
- 720 g seltzer water
- 12 g fresh mint leaves

Mint syrup:

- 12 g fresh mint leaves
- 200 g sugar
- 240 g water



Method

1. Mint Syrup: crush mint leaves; combine with sugar and water. Boil for 3 minutes, then cool and strain.
2. Blackberry Prep: crush blackberries with sugar.
3. Assembly: In each glass, add 2 tablespoons of the prepared mint syrup and 2 tablespoons of lime juice. Add the crushed blackberries, fill with ice, top with seltzer water, and garnish with fresh mint.

Nutritional values

Average values:	Per serving:	%RI per serving:
Energy	152 kcal	8%
Fat	0,1 g	0%
Saturated fat	0,0 g	0%
Carbohydrates	38,8 g	15%
Sugars	38,8 g	43%
Fibers	1,7 g	7%**
Protein	0,5 g	1%
Salt	0,0 g	0%

*reference intake for adults (Reg EU 1169/2011);
**calculated based on fiber adequate intake provided by EFSA.

RHUBARB LEMONADE

Refreshing & homemade

RECIPE BY WROCŁAW UNIVERSITY OF ENVIRONMENTAL AND LIFE SCIENCES

Servings: 6

Prep time: Medium

Cook time: Medium

Difficulty: Low

0,16 kg CO_2 eq per serving

Ingredients

Rhubarb syrup:

- 500 g rhubarb, sliced
- 125 g sugar
- 125 ml water

Lemonade:

- (1 serving rhubarb syrup) cooled
- 85 ml lemon juice
- 1 L cold water
- Ice cubes for serving
- lemon slices and sprig of mint for garnish.



Method

1. Syrup: Add rhubarb, sugar, and water to a pot. Bring to a boil, then simmer until rhubarb is soft, around 20-25 minutes.
2. Strain the mixture through a sieve, pressing the liquid from the rhubarb. Store the syrup in the fridge.
3. Lemonade: In a large jug, mix cooled rhubarb simple syrup with lemon juice and cold water.
4. Serve with ice and garnish with a slice of lemon and sprig of mint.

Nutritional values

Average values:	Per serving:	%RI per serving:
Energy	95 kcal	5%
Fat	0,1 g	0%
Saturated fat	0,0 g	0%
Carbohydrates	23,6 g	9%
Sugars	23,5 g	26%
Fibers	1,5 g	6%**
Protein	0,7 g	1%
Salt	0,1 g	1%

*reference intake for adults (Reg EU 1169/2011);
**calculated based on fiber adequate intake provided by EFSA.

MANGO TONIC

layered with raspberry mousse

RECIPE BY WROCŁAW UNIVERSITY OF ENVIRONMENTAL AND LIFE SCIENCES

Servings:	Prep time:	Cook time:	Difficulty:	
2	Low	None	Low	0,17 kg CO_2 eq per serving

Ingredients

- 1 ripe mango
- 150 ml sparkling water
- 100 g raspberries
- 20 ml lemon juice
- 150 ml tonic (you can also use lime tonic)
- Ice cubes
- Lemon for garnish



Method

1. Remove mango seed and cut the mango into small pieces.
2. Transfer mango to a blender. Add lemon juice, ice cubes, and tonic. Blend until preferred consistency.
3. In a small bowl, crush raspberries with a fork to create a mousse.
4. Pour the mango tonic into glasses and layer with the raspberry mousse. Garnish with a lemon slice.

Nutritional values

Average values:	Per serving:	%RI per serving:
Energy	122 kcal	6%
Fat	0,6 g	1%
Saturated fat	0,1 g	0%
Carbohydrates	26,1 g	10%
Sugars	26,1 g	29%
Fibers	6,0 g	24%**
Protein	1,9 g	4%
Salt	0,0 g	0%

*reference intake for adults (Reg EU 1169/2011);
**calculated based on fiber adequate intake provided by EFSA.

FOOD LOOP

EU GREEN

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