



II LO im. K. K. Baczyńskiego Radomsko Cookery book of healthy recipes

Created by our students who have taken part in
the action : II LO Promotes Health

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Carrot-orange soup with ginger

Ingredients:

rice- 100g
carrots- 700g
vegetable broth- 400ml
orange juice- 200ml
ginger- 2cm piece
oil- 1 spoon
nutmeg- 1 pinch
cinnamon- 1 pinch
sugar
salt
pepper



Preparation:

Boil rice according to a recipe on the package. Peel the carrots, cut them into big pieces, sprinkle with oil and bake in 180°C for 30 minutes. Then put them in a pot, add grated ginger and orange juice. Blend everything together. Add the broth and spices. Boil on a small fire for 10 minutes. Dish out with rice.

Agata Toczyńska, Id

Source: www.zdrowenienudne.pl

Recipe for a healthy salad with chicken

This salad is alimentary. It comprises, among other things, meat and pumpkin seeds.

Components:

One small chicken breast,

150 ml of coconut milk,

Two handfuls of arugula,

A few cherry tomatoes,

One handful of pumpkin seeds,

One handful of sunflower seeds,

A handful of sprouts,

A half of a spoon of balsamic vinegar,

Pepper and salt.



Preparation:

You should cook chicken breast.

Next cut the meat into small pieces and leave it dipped in a coconut milk for 1 or 2 hours.

Wash vegetables and put them on a plate or in a bowl.

Later add pieces of chicken to vegetables.

Sprinkle the salad with pumpkin seeds and sunflower seeds.

Finally you should mix well balsamic vinegar, pepper and salt with the salad.

Enjoy your meal 😊

Gluten Free Chocolate & Orange Cake by Nigella Lawson

If you like chocolate with orange flavor, this recipe is for you. It is really easy to prepare. The fact that we do not add any fat, allows us to eat more. ;-)

Ingredients :

2 small oranges or 1 big (with thin peel), weighing in total about 375 g

6 eggs

1 full teaspoon of baking powder

1/2 teaspoon of baking soda

200g ground almonds

150g of fructose

50g of cocoa

Preparation :

Put oranges (with peel) into a saucepan and cover with water. Make water boil and cook for 2 hours under the lid. Then pour off the water and cool the oranges (you should do this one day before making the cake).

Put baking parchment paper on cake tin (diameter 20 cm). Blend cooked oranges (whole, with peel). You should see pieces of peel. Mix the rest of the ingredients with oranges and blend them all again. Do not mix too long. It is good to see little pieces of oranges.

Pour the prepared cake into the cake tin and bake at 180 Celsius degrees for 45-60 minutes (it depends on the oven). During baking you can put toothpick into the cake and check if it is wet or dry. When the toothpick is dry, the cake is ready.

Serve the cake decorated with orange peel or dark chocolate.

Enjoy!

Ania Zatoń III d

Roast conchiglioni with mozzarella cheese in a tomato sauce

Ingredients (for four portions) :

15 conchiglioni

Stuffing:

50 g mozzarella cheese

150 g ricotta cheese

2 full spoons of mascarpone

1/3 glass of grated parmesan

1 small egg white

Tomato sauce:

1 can (400g) of tomatoes without peel

½ glass of tomato purée or bouillon

1 teaspoon of dried oregano or dried basil

sea salt and freshly ground pepper, sugar

fresh basil

olive oil

Preparation:

Boil conchiglioni in a lightly salted water, strain out. Warm oven to 200°C.

Tear mozzarella and mix all ingredients of stuffing (save 2 spoons of parmesan for later). Fill up conchiglioni and put it into a fridge for 2 hours.

Pour tomatoes from a can into a bowl, check if they don't have peel and stalks. Cut with knife or scissors into smaller shreds. Mix with tomato sauce, bouillon and oregano. Season with sea salt, freshly ground pepper and 1-2 teaspoons of sugar.

Pour created sauce to casserole, put stuffed conchiglioni on top, sprinkle with the rest of parmesan, pour 2-3 spoons of olive oil and put it into a warmed oven. Roast for about 20-25 minutes until the dish starts to bubble (you can turn on a grill option for a while if you like browned and crunchy pasta on brims). Sprinkle with fresh basil.

Enjoy!

Original recipe comes from www.kwestiasmaku.com

Anita Kowalczyk I d

Make your own oat banana muffins

Ingredients:

- 1,5 cup of wheat flour
- 1 cup of oatmeal
- $\frac{1}{2}$ cup of sugar
- 2 teaspoons of baking powder
- 1 teaspoons of baking soda
- $\frac{1}{2}$ teaspoons of salt
- 1 egg
- $\frac{3}{4}$ glass of milk
- $\frac{1}{3}$ cup of vegetable oil
- $\frac{1}{3}$ teaspoon of vanilla extract
- 1 cup of mashed bananas



Preparation:

1. Combine flour, oats, sugar, baking powder, baking soda and salt.
 2. Add an egg into a large bowl and fluff lightly. Add milk, oil and vanilla and mix. Add mashed bananas and mix thoroughly. Combine the flour and banana dough. Expound 12 muffin molds with paper. Fill all of them evenly with the dough.
 3. Bake at 205 ° C for 18 to 20 minutes.
- After baking, remove the muffins gently from the mold and enjoy the ready muffins.

Translated by Arnold Majewski kl. III D

This recipe comes from this page : http://allrecipes.pl/przepis/2259/muffiny-owsiano-bananowe.aspx?o_is=Hub_TopRecipe_1

Green cream soup

Ingredients:

500 g of cucumber
100 g of processed cheese
½ onion
6 teaspoons of rice flour
100 ml of sour cream
1400 g of vegetable broth or chicken broth
salt and pepper
dill



Preparation:

Peel the cucumber.
Mix the cucumber with processed cheese, onion and rice flour in the mixer.
Boil the vegetable broth or the chicken broth.
Add mixed ingredients.
Boil the soup.
Season with salt and pepper.
Finally add the sour cream and dill.
Serve with toasts.

Bon appetite.

Ewelina Trzeciak I b

Cypriot salad

Ingredients:

- 3 cucumbers
- 3 tomatoes
- 1 big onion
- 60g of feta cheese
- 9 Kalamata olives
- 3 tablespoons of olive oil
- 1 teaspoon of oregano
- 1 teaspoon of ground red pepper



Preparation:

- Peel and chop cucumbers and onion into small pieces.
- Slice the tomatoes.
- Cut the olives into half.
- Put all the vegetables into a bowl and mix with olive oil.
- Sprinkle with feta cheese.

(based on: 'Europejska książka kucharska- zdrowe diety, zdrowe serca' R.Ferrari, C.Florio)

Julia Bareła, III d

Colourful casserole

Ingredients:

5 potatoes

1 red pepper

2 tomatoes

1 small zucchini

turkey ham (5 slices)

light cottage cheese (100 g)

2 eggs

green olives stuffed with red pepper (10 pieces)

fresh basil (10g)

Method of preparation:

1. Boil the potatoes, cut them into slices and place in an ovenproof dish. Season with salt and pepper.
2. Add a layer of zucchini cut into slices.
3. Cut peppers and tomatoes, put the next layer.
4. Cut ham into strips, cut in olives and add to the dish.
5. Mix cottage cheese with a broken egg, pour it on top and put basil on it.
6. Bake it covered in the oven for 20 mins at 175 ° C.

Justyna Kornicka kl.I b

MUFFINS WITH PIECES OF CHOCOLATE

Ingredients:

1 $\frac{3}{4}$ cup of flour
1 $\frac{1}{2}$ teaspoon of baking powder
 $\frac{3}{4}$ cup of castor sugar
1 cup of milk
 $\frac{1}{2}$ cup + 1 spoon of oil
1 egg
1 bar of dark chocolate

How to prepare:

Sift flour, combine it with baking powder and castor sugar in a large bowl. In a small bowl combine an egg, milk and oil using a mixer. Add the mixture to dry ingredients and mix. Grate chocolate on a grater and add to the dough. Put the mixture into molds – for each complete to $\frac{3}{4}$ of the height. Bake in 200°C for 20 minutes until the muffins are golden brown. Leave them to cool down.

BON APPETIT J

Author:

Katarzyna Piotrowska I b

Millet- chocolate muffins

Ingredients:

250 g of millet

about 500 ml of milk

1 tablespoon of honey

200 g mixed dried sweetmeats such as walnuts, raisins and plums

1 apple

200 g of dark chocolate

butter



Preparation:

Rinse millet in a sieve until the water runs clear. Boil the milk, add the millet and the honey. Simmer until the millet goes tender. If there is a need, add a little milk.

Meanwhile, melt the chocolate on a water bath. Mix it with sweetmeats and peeled and diced apple.

Exponent the bottom and sides of greased four bowls with millet, leaving part of it to cover up.

Put chocolate with raisins into it. Then "seal" the tops of the cupcakes with the remaining millet.

Put the cupcakes into a fridge so that everything can coagulate.

Put the muffins on plates and serve.

Before serving, you can put the muffins in the oven to heat them up and chocolate in the middle will be smooth. Then after "opening", the chocolate will flow out of muffins.

We say NO to the junk food.

These are a few recipes for healthy snacks.

Healthy food doesn't have to be boring and tasteless. I've prepared a few recipes to prove it. So if you like cooking, check them out!

A fried egg with spinach for breakfast

Ingredients for one serving:

- 50-100g of spinach
- 3 big eggs
- salt and pepper
- 2 cloves of garlic (if you like)

Preparation:

Cut fresh spinach and put it on the hot frying pan.

Season and fry it for a few minutes.

Break the eggs. Don't mix!

Wait until the eggs congeal.

Kinga Walczak IIa



Rotini in broccoli's souse for dinner

Ingredients for one serving:

1 middle-large broccoli
1 glass of rotini noodles
1-2 spoon of sour cream
salt and pepper



Preparation:

Cook noodles in salted water.
Wash broccoli and cut it.
Put broccoli in a pot.
Water it and add salt and pepper.
Stew it all for 5 minutes.
Turn off the fire and add sour cream.
Mix it.
Add noodles and mix everything again.

Kinga Walczak Ila

The courgette's pancakes for dessert

Ingredients for 10 pancakes:

250g of courgette
3 spoons of bran
2 eggs
salt and pepper

Preparation:

Wash, peel and grate the courgette.

Add salt to this.

Add the rest of ingredients and mix everything.

Warm up a frying pan.

Put the pancakes on the frying pan (1 spoon - 1 pancake).

Simmer the pancakes on both sides until they are gold.



These recipes are very easy. I hope that you'll love healthy food.

Enjoy your meal!

Kinga Walczak II a

Carrot-almond cookies

These cookies are healthy, tasty and easy to prepare. Preparation takes only 35 minutes.

Ingredients:

- 300g of small carrots (from a jar or cooked)
- 200g of almonds
- 50g of desiccated coconut
- 2 eggs
- 2 teaspoons of vanilla extract
- a teaspoon of nutmeg
- 2 tablespoons of coconut oil



Method of preparation:

Blend carrots, almonds and desiccated coconut with coconut oil, but not too long. Then add eggs, nutmeg and vanilla extract. Mix thoroughly. Form small chops. Put into preheated oven(180°C) for 35 minutes.

Bon appétit!

Martyna Ressel | b

Ratatouille

Ingredients:

- 1 aubergine, roughly chopped
- 2 cloves of garlic, peeled and crushed
- 1 large onion, sliced
- 1 red pepper, cored, deseeded and cubed
- 1 green pepper, cored, deseeded and cubed
- 2 tablespoons of olive oil
- 450g courgettes, thickly sliced
- 1 can of tomatoes, sieved
- 1 teaspoon of fresh chopped oregano



Preparation:

Put the aubergine in a colander, sprinkle with salt, weight with a plate and leave to drain for 30 minutes. Rinse.

Fry the garlic, onion and peppers in the oil over a medium heat for 5 minutes.

Add the remaining ingredients and seasoning, cook for further 30 minutes, stirring occasionally.

To thicken the juices, remove the vegetables with slotted spoon and boil the liquid until syrupy.

Put the vegetables back and serve the dish hot or cold.

Mikołaj Politański I d

Pepper soup

Ingredients (for 6 people):

- 2 carrots
- 2 potatoes
- 1 onion
- sweet ground pepper
- 2 spoons of butter
- 1 stock cube
- 3 sweet red peppers
- 1 chili pepper
- 2 tomatoes
- 10dag of smoked bacon
- 100ml of sour cream
- salt and pepper

Preparation:

1. Cut carrots and potatoes into cubes, pour 2l of water and boil that together.
2. Chop onion, glaze it on butter. Sprinkle with water and sweet ground pepper. Add a stock cube to boiling vegetables.
3. Wash sweet and chili peppers and cut them into strips, remove seeds. Wash and cut tomatoes. Put vegetables into the soup. Boil until the vegetables are soft. Mix, wip and season the soup.
4. Cut bacon into strips and fry on a frying pan. Serve the soup with sour cream and sprinkled bacon. Prepare crautons.

Attention!

Don't throw pepper (especially dried) to warm oil. Sugar carmelises very quickly and then the dish is bitter.

Bon appetit!

Nika Kuliś, kl.IIIc

Salmon with corn salad and ginger

(A great recipe for healthy and nutritious lunch or dinner)



Ingredients:

salmon,
sesame,
ginger,
corn salad,
romaine lettuce
cherry tomatoes,
lemon,
olive oil

Bake salmon on the grill, sprinkle it with sesame and ginger. Serve with corn salad and romaine lettuce. You can also add cherry tomatoes. Sprinkle everything with lemon and olive.

Enjoy your meal!

Based on : <http://hpba.pl/losos-z-imbirem/>.

Translated by Aleksandra Piskorz II f

Bran pancakes with chicken bits in bran breadcrumbs, a mix of lettuce and garlic sauce

Ingredients:

half of a glass of bran
1 glass of flour
2 eggs
125 ml of milk
125 ml of sparkling mineral water
a pinch of salt

sauce:

200 g of natural yoghurt
a tablespoon of mayonnaise
a teaspoon of oregano
salt, pepper
2 cloves of garlic
1 chicken breast
oil
a mix of lettuce

Preparation:

To prepare the sauce, mix the yoghurt with the mayonnaise, pressed garlic, a pinch of salt, pepper and oregano. Cool it down.

Mix flour with bran, milk, water, one egg and a pinch of salt. Put it away.

Put everything into whisked egg and roll in breadcrumbs made of a few table-
spoons of bran and a pinch of salt.

Fry and keep in a warm place.

Make pancakes.

Serve with chicken bits, a mix of lettuce and garlic sauce.

Enjoy your meal!

Patrycja Bartosik I b



GREEK SALAD

Components:

4 teaspoons of olive oil
1/2 iceberg lettuce
2 tomatoes
2 cucumbers
1 red onion
a bunch of basil
1 package of feta cheese
10 olives
salt

Preparation:

Mix olive oil with salt. Wash lettuce and dry it, cut and add salt. Put it into a bowl. Cut tomatoes into cubes.

Peel cucumbers and cut them into small cubes. Cut onion into thin strips. Next, add tomatoes, cucumbers, onion, basil and olive oil into the bowl. Cut feta cheese into cubes and put it on top.

Enjoy your meal! :)

Based on: http://www.kwestiasmaku.com/dania_dla_dwojga/salatka_grecka/przepis.html

Translated by Patrycja Kuliś II f

CRISP CROISSANTS

Ingredients:

10 dag almonds
20 dag flour
10 dag butter
10 dag margarine
6 dag powdered sugar
1/3 vanilla stick



Preparation:

Pour almonds over boiling water, peel them and mill.

Sift flour, add butter and chop it all. Then quickly add almonds and knead everything. Cool it.

Form a roller of a diameter of 1.5 cm, cut it into 6 cm-long pieces.

Form small rollers into croissants, thin at the tips, thick in the middle.

Put on the baking option in your oven and bake croissants in hot oven for 8-10 minutes.

Take the hot croissants out of the oven with a wide knife, because they are easy to crumble.

Put them on a board and instantly powder with powdered sugar and smashed vanilla.

Patryk Izbiński III d

Cooked chicken with vegetables

Ingredients:

- 1 cooked chicken breast
- 1/3 red pepper
- 1 stalk of celery
- 4 mushrooms
- 1 clove of garlic
- 1/2 onion
- piece of chili
- tablespoon of dill
- tablespoon of parsley
- tablespoon of olive oil
- oregano, basil



Preparation:

Cut cooked chicken breast into 2 cm slices. Cut vegetables into large cubes, add the vegetables that you like, they might be courgettes, aubergines, mushrooms, peppers, cherry tomatoes, what you have in the fridge. Pour everything with a little of olive oil, season with your favorite spices. Wrap everything into baking paper, which should be wrapped like dumplings as large as pictured. You can fry it in a dry frying pan under the cover for 10 minutes on low heat.

Dinner's ready in 10 minutes.

Paulina Kil IB

Salad recipe

Ingredients:

2 big tomatoes,
half a cucumber,
a piece of onion,
a few black olives in brine,
10 ounces of feta cheese,
oregano,
a few leaves of fresh basil,
pepper

Preparation:

Cut tomatoes into pieces.
Cut onion into circles.
Wash cucumber carefully, wipe, do not peel, cut into thin slices.
Cut feta cheese, into large cubes.
Mix prepared ingredients with olives.
Sprinkle with oregano, pepper and chopped basil leaves.

Paulina Szczypkowska | e

Green fritters of courgette.

I know the word fritter means deep-frying and unhealthy, but these are light.

Ingredients:

2 medium courgettes

1 leek

3 spoons of grated, spicy cheese

2-3 spoons of flour

2-3 spoons of milk

1 bunch of dill

1 clove of garlic

2 eggs

spices: salt, black pepper, nutmeg, oregano

Preparation:

First, grate courgettes, place in a colander and squeeze out, season with salt.

Chop the leek and the bunch of dill. Next, add the rest of ingredients. Mix the thick dough and season. Finally, fry it in a frying pan. Serve hot with cold sauce.

Bon appetit!

http://www.taste.com.au/images/recipes/agt/2009/09/23154_1.jpg

NATALIA BĄKOWICZ, IID

Vegetable Salad

Ingredients:

- 4 potatoes
- 2 eggs
- 3 cucumbers
- 1 apple
- 1 can of peas
- 1 can of corn
- 6 radishes
- 2 tomatoes
- 1 big natural yoghurt
- a pinch of salt and pepper

Preparation:

Wash all the vegetables. Cook the potatoes and the eggs. Peel the potatoes, eggs and apple next.

After that dice everything and put it into a bowl. Mix them. Open the cans and dry the peas and the corn, next put them into the bowl as well. Mix them. Pour yogurt. At the end season the salad with salt and pepper. Mix again. The salad is ready.

Bon appétit!

Dominika Bracka, kl. II E