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NATURAL



COOKING

BY C.A.G



PROLOGUE

Natural cooking without spices

Gastronomy of Aragon

Homemade food

Vegetables, legumes, meats, etc.

Summer dishes

You will lick your fingers



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CHARD WITH POTATOES

COOKED BY C.A.G

INGREDIENTS :

1 Fresh chard

2 Potatoes

3 garlic

4 Oil

5 salt (to taste)

PREPARATION

1 Boil the chard and the two potatoes in a pot with hot water for 2 hours, it will become more tender. Add a little salt to taste.

2 Drain the chard with the potato.

3 Once in the pot, burn some garlic with oil and pour the oil into the chard.

4 Ready to eat.

You can prepare it to your liking, with ham, chorizo, etc.

NUTRITIONAL INFORMATION

One serving contains

Calories: 156/8%

Fat: 10.3g/15%

Saturated fat: 1.5g/7%

Sugars: 2.1g/2%

Salt: 0.5g/8%

DIETARY COMMENT

Chard is a vegetable with a high content of beta-carotene, the great antioxidant. It is a very complete food; it contains potassium, magnesium, iron and iodine. It is rich in vitamins A, C, E and K, and the caloric content is really low. Together with the potato, it favors the diuretic action of the organism. The potato provides energy to the dish, it is a carbohydrate that also adds potassium, vitamin C and more antioxidants, as does the carrot, a powerful nutrient with a notable antioxidant effect. It is therefore an ideal, healthy and very nutritious recipe.

HEALTH

Diseases for which this recipe is recommended:

Casein allergy

Egg allergy

Fish allergy

Iron deficiency anemia (lack of iron)

Pernicious anemia (lack of vitamin B12)

Folic acid deficiency anemia

Diabetes mellitus

Constipation

Gastritis

Hypercholesterolemia

High blood pressure

Hypertriglyceridemia

Lactose intolerance

Gluten intolerance (celiac disease)

Obesity or overweight

Osteoporosis

Diseases for which this recipe is not recommended:

Uric acid and gout

Gallbladder stones

Kidney stones

Meteorism

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CHICKPEAS WITH CHICKEN

(COMBINE TO TASTE)

COOKED BY C.A.G

INGREDIENTS:

- 1 Pork snout, chopped.
- 2 Chickpeas.
- 3 Chicken thighs.
- 4 Chistorra.
- 5 Longaniza.
- 6 Oil.
- 7 - 1 Avecrem cube (or salt to taste).

PREPARATION

- 1 In a pot, boil the chopped snout with hot water for 20 minutes, to remove the substance that it leaves when boiling.
- 2 Drain the snout and put it in a pot, with the rest of the ingredients.
- 3 Cook with hot water, for,
45 minutes. Add the Avecrem cube or salt to taste.
- 4 Ready to eat.

To suit everyone's taste.

Chickpeas can be prepared with vegetables such as chard, cardoon, spinach, etc.

NUTRITIONAL INFORMATION

One serving contains

Calories: 496/25%

Fat: 23.8g/34%

Saturated fat: 5.8g/29%

Sugars: 9.2g/10%

Salt: 0.9g/10%

DIETARY COMMENT

Chickpeas and legumes in general, are foods rich in carbohydrates and fiber. They also contain proteins, although not as complete as those of meat unless legumes are accompanied by cereals (for example chickpeas with rice). In this case, by accompanying them with pork, the contribution of good quality proteins would be assured. Furthermore, taking into account the carbohydrates provided by chickpeas and the minerals, vitamins and antioxidant substances present in the vegetable accompaniment, we could consider this recipe complete and balanced, making it suitable to consume as a single dish.

Health

Diseases for which this recipe is recommended:

Egg allergy

Fish allergy

Iron deficiency anemia (lack of iron)

Pernicious anemia (lack of vitamin B12)

Folic acid deficiency anemia

Gallbladder stones

Kidney stones