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## **Eco-Feast**

### **Tomatoes stuffed with quinoa and veggies**

Ingredients:

- Tomatoes
- Quinoa
- Cucumber
- Red Pepper
- Lettuce
- Salt
- Coriander
- Oregano
- Parsley



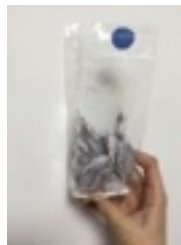
### **Bread with melted cheese and the inside of** **on top.**

Ingredients:

- Grains bread
- Cheese
- Tomatoes



the tomatoes



### **Quinoa Chocolates (Bought)**

-We purchased them at “Bioplaza” which is a place where they sell FLOSN food. They do organic, which is our favorite.

-We prepared the recipes as a team (Catalina, Shadia, Yennefith and Laura (Colombians))



Instructions for **Tomatoes stuffed with quinoa and veggies:**

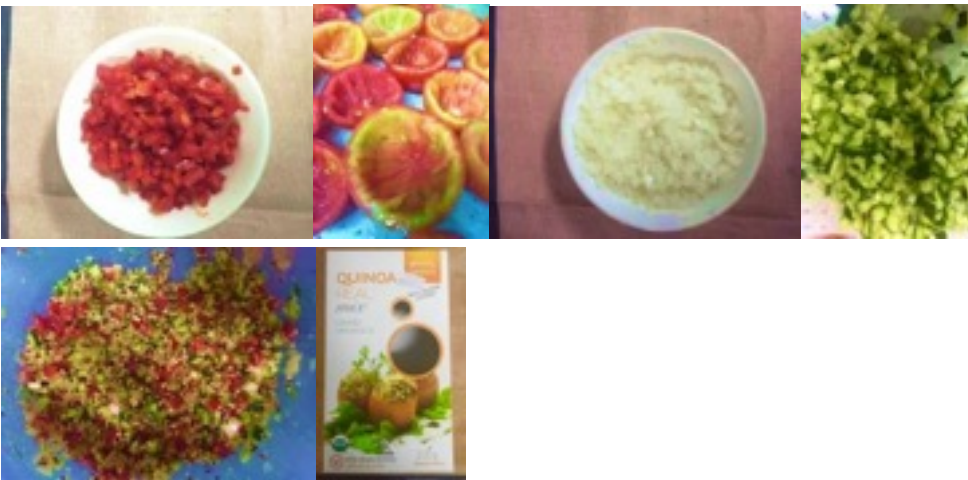
1st: Cut the tomatoes in half, and take out the inside. Don't throw it away, place it in a separate cup, you will use it later.

2nd: Prepare the quinoa, and cut the veggies while it is being baked.

3rd: Put all the veggies together, and mix them pouring in salt, organo, parsley and coriander.

4th: Add the quinoa to the mix and then stuff the tomatoes with that.

ENJOY



Instructions for **Bread with melted cheese and the inside of the tomatoes on top.**

1<sup>st</sup>: Slice the bread, and cheese. Heat it up so that the cheese melts on top of the bread

2<sup>nd</sup>: Take the inside parts of the tomato you had previously taken out and pour it on top of the bread..DONE!



We all learned several things from preparing this **FLOSN** food:

**Catalina:** "I learned that organic matter more than we think it does, and that I am now more in love with being a vegetarian than ever"

**Shadia:** “It’s official..FLOSN food is the best. I now know how amazing, tasty, great, fresh, lovable and everything you can think of our food can be. I appreciate my food even more now than before.”

**Laura:**”I love meat, fish, chicken and stuff, but veggies rock my world up. The thing I learned the most about by cooking this FLOSN meal was definitely how amazing our food can be if we go organic and pick the right one supporting local farmers.”

**Yennefith:**”There are so many things I can name I learned from this great experience, but the main one will definitely be the power food has in our bodies. My mom said we are what we eat, and now I understand why.”

