

Project Green Challenge 2023 – Day 3 Greenest Category

Los Aprendices – Fabiola López Bautista, Conrado Manuel Guzmán Flores, Conrado, (ASU Masters in Sustainability Leadership Program), Mexico City.

The adventure of preparing recipes with FLOSIN ingredients.

We prepare potatoes with nopales, a lentil ceviche, and avocado and tortillas.

To obtain the ingredients, we went 10 minutes on foot to the neighborhood market, where we got all the fresh, local, and seasonal ingredients.

We can stay within budget. Something that helped us achieve this was that we previously prepared a list of ingredients and exact quantities for the preparations.

Originally, we would shop at a market, organic, but it didn't work the day we wanted to shop. However, Mexico is fourth in organic food production, and more than 45 organic products are grown, including tomatoes and avocados, which were on our shopping list. Obviously, the inclusion of 100% organic foods would have increased the cost of our recipe.

Table shows the characteristics of each ingredient and price in Mexican pesos and USD. We achieved the goal of spending less than 4 dollars per person!

The organic waste was discarded per local waste separation management.

Ingredients	Fresh	Local	Organic	Seasonal	Non GMO	Price Mexican pesos	\$USD
Lentils	✓					27	1.48
Tomatoes	✓	✓	✓	✓	✓	30	1.64
Cucumber	✓	✓				8.5	0.45
Bell pepper	✓	✓				6	0.33
Red onion	✓	✓		✓		5	0.27
Avocado	✓	✓	✓	✓	✓	40	2.19
Lemons	✓	✓		✓		5	0.27
Tangerine	✓	✓		✓		25	1.37
Potatoes	✓	✓				25	1.37
Nopales	✓	✓		✓		10	0.55
White onion	✓	✓		✓		5	0.27
Coriander	✓	✓				5	0.27
Papikra						5	0.27
Olive oil						5	0.27
Tortillas	✓	✓				22	1.20
TOTAL						223.5	12.39

Lentil ceviche (Recipe for 4 person)

- 400 gr lentils

- 3 tomatoes
- 1 cucumber
- green pepper chili
- 1 red onion
- Avocado
- Coriander to taste
- Pepper and salt
- 2 spoons of olive oil

Dressing:

- 3 lemons
- 1 tablespoon paprika
- Pepper and salt

Preparation:

1. Cook the lentils with half an onion and salt.
2. While the lentils are cooking, chop and mix the tomatoes, pepper, cucumber, red onion, and coriander in a bowl.
3. Once the lentils are drained to remove excess water.
4. Prepare the dressing with the juice of the 3 lemons, 1 tablespoon of paprika and pepper, and salt to taste.
5. Add the lentils to the bowl of chopped vegetables along with the dressing, and you can add more pepper and salt to taste.

Nopales and Potatoes (4 persons)

- 7 nopales
- 4 potatoes
- 1 white onion
- 2 spoons of vegetable Oil (no soy oil)
- Cumin
- 1 spoon of soy sauce
- Handful of cilantro.

Preparations

1. Boil the diced potatoes with a pinch of salt till tender.
2. Separately boil the diced nopales till they turn from bright green to dark green.
3. Fry the sliced onion and add the potatoes and nopales.
4. Season with cumin, salt, and soy sauce
5. Add the chopped cilantro and let everything mix for about 6 min.

Social Media

Market visit: <https://www.instagram.com/stories/highlights/17895350444873666/>



Preparation: <https://www.instagram.com/stories/highlights/17895350444873666/>



Final Product: <https://www.instagram.com/stories/highlights/17895350444873666/>



Final post: <https://www.instagram.com/p/CyKrh2D0k3L/>

CEVICHE DE LENTEJAS

4 PERSONAS | TIEMPO DE PREPARACION 60 MINUTOS

INGREDIENTES	PREPARACION
<ul style="list-style-type: none">• 400 gr de lentejas• 3 jitomates• 1 pepino• 1 chile morron• 1 cebolla morada• Cilantro• Pimienta y sal al gusto	<p>Preparación:</p> <ol style="list-style-type: none">1. Cocine las lentejas con media cebolla y sal.2. Mientras se cocinan las lentejas, pique y mezcle los tomates, el pimiento, el pepino, la cebolla morada y el cilantro en un bowl.3. Ponga a escurrir las lentejas para retirar el exceso de agua.4. Prepare el aderezo con el jugo de los 3 limones, 1 cucharada de paprika y pimienta y sal al gusto.5. Mezcle las lentejas al bowl de verduras picadas junto con el aderezo, y puede añadir más pimienta y sal al gusto. <p>¡Disfrutar de unos ricos tacos o tostadas de ceviche con aguacate!</p>

Aderezo:
1 limones
2 cucharadas de paprika
2 cucharadas de aceite de oliva
sal y pimienta al gusto

NOTA
Los ingredientes son frescos, locales de temporada

nutricioncardiovascular y gfconrad

nutricioncardiovascular Les compartimos las receta de los que preparamos el día de ayer:
* Ceviche de lentejas
* Papas con nopales

Todo preparado con ingredientes frescos, locales, con productos de temporada.

Y una de las mejores partes, es que pudimos compartir este proceso con nuestros amigos ❤️.

#PGC2023 #FLOSN @turninggreenorg
3 min Ver traducción

1 Me gusta
HACE 3 MINUTOS

Agrega un comentario... [Publicar](#)