

Carolina Svetlana Novillo Bravo - Ecuador

Report detailing my meal

Meal Overview

Entrée: Vegetable rice with fried egg

Vegetable: Fresh tomato, lettuce salad

Side dish: Baked sweet plantain

Ingredient Sources

I bought most ingredients at the local market in Cuenca, Ecuador “Mercado 12 de Abril” where farmers sell fresh, seasonal produce. The rice, vegetables, and plantain were all locally grown, and the eggs came from a small organic farm.

Ingredient	Quantity	Total cost	Cost per person	FLOSN
Rice	1 cup	\$0.50	\$0.25	Local
Egg	1 unit	\$0.40	\$0.40	Organic
Tomato	1 unit	\$0.30	\$0.30	Seasonal
Lettuce	¼ head	\$0.25	\$0.25	Local
Plantain	1 unit	\$0.40	\$0.40	Local
Oil,salt,spices	-	\$0.20	\$0.20	-
Total per person	-	-	\$2.40	≈85%

Cooking Process

1. **Vegetable rice:** I sautéed onion and bell pepper, added the rice, and cooked it with hot water.
2. **Fried egg:** I fried it lightly so the yolk stayed soft.
3. **Baked plantain:** I baked it at 200°C (392°F) for about 15 minutes until golden.



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4. **Salad:** I chopped tomato, lettuce, seasoned with lemon juice and salt.



Where I Shopped

Mercado 12 de Abril — Cuenca, Ecuador. All produce was local and seasonal.



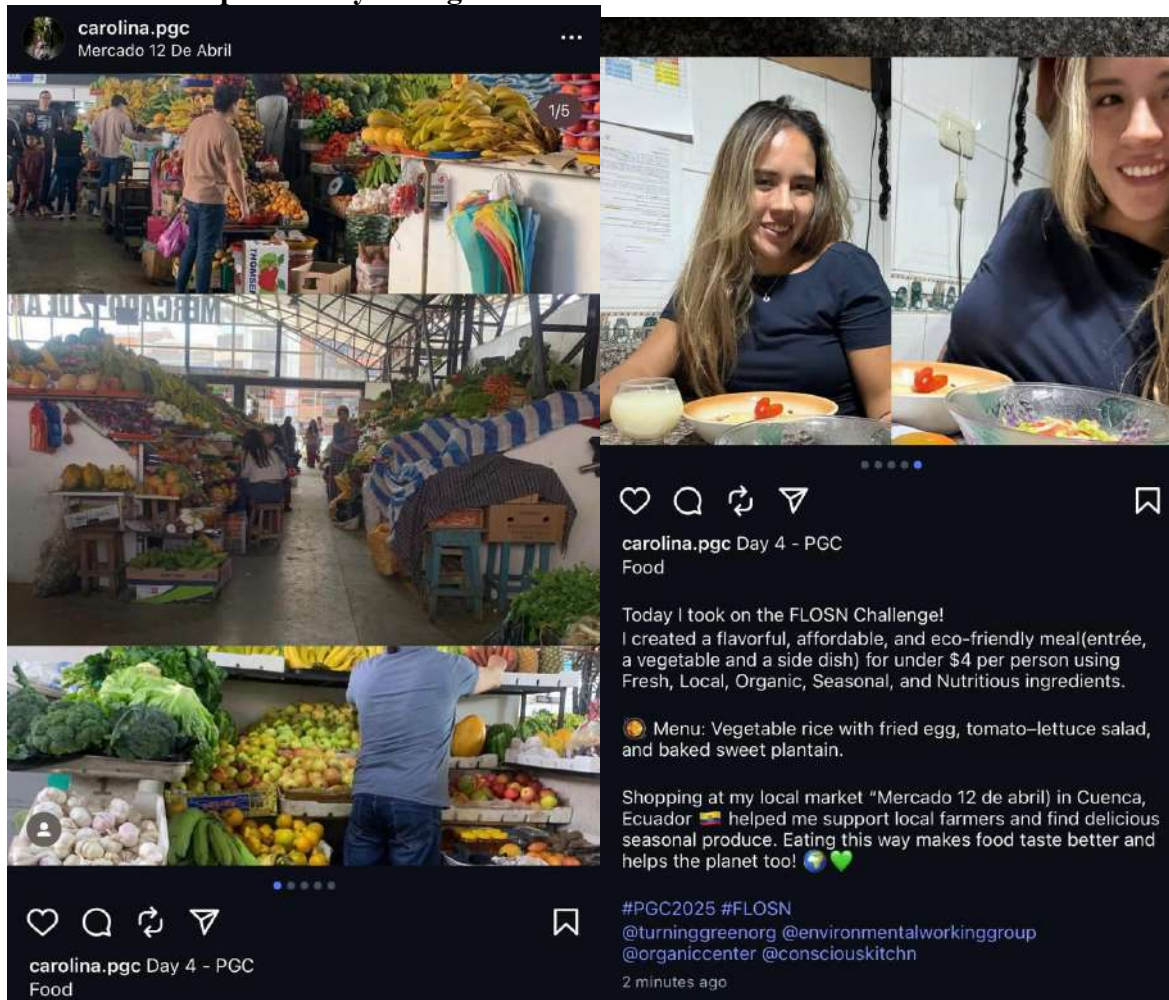
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Reflections

Cooking this FLOSN meal made me appreciate how easy and affordable it can be to eat sustainably. The food tasted fresher, and knowing that it came from local farmers made the meal even more meaningful. Supporting local food systems not only helps the planet but also strengthens our community.



Photo from the post on my Instagram account



Link from the post on my Instagram account

<https://www.instagram.com/p/DPatkicDa55/?igsh=bG43ZjJkcHJmbHNr>

Caption:

Day 4 - PGC

Food

Today I took on the FLOSN Challenge!

I created a flavorful, affordable, and eco-friendly meal(entrée, a vegetable and a side dish) for under \$4 per person using Fresh, Local, Organic, Seasonal, and Nutritious ingredients.

Menu: Vegetable rice with fried egg, tomato-lettuce salad, and baked sweet plantain.

Shopping at my local market "Mercado 12 de abril" in Cuenca, Ecuador helped me support local farmers and find delicious seasonal produce. Eating this way makes food taste better and helps the planet too!