

Recipes for the alternative lunch (excluding meat and bean stew):

### **Mashed Pumpkin**

Ingredients:

*¾ medium size pumpkin*

*15 Irish potatoes*

*3 carrots*

*4 clove garlic*

*1 bundle of parsley*

Procedure:

1. Peel and cut pumpkin and save pumpkin seeds (preferably the day before to dry before use).
2. Peel and cut pumpkin, potatoes and carrots and put in a pot. Poor water into the put until it covers the vegetables.
3. Boil until it is soft enough for mashing. Drain the vegetables and mash until satisfied with the consistence.
4. Blend in fresh squeezed garlic and chopped parsley (adjust after your taste).

### **Watermelon Salad**

Ingredients:

*1 watermelon*

*3 avocado*

*Pumpkin seeds (from mashed pumpkin)*

*2 squeezed lime*

Procedure:

1. Cut watermelon and avocado into cubes and gently mix together with lime juice.
2. Roast the pumpkin seeds on a pan with a little oil till they get brown and crisp to use as topping for the salad.

### **Tomato salad**

Ingredients:

*10 tomatoes*

*3 red onions*

*2-3 clove garlic*

*1 table spoon oil*

*1 squeezed lime*

Procedure:

1. Dice tomatoes and red onions and mix together.
2. Mix a dressing of oil, squeezed garlic and lemon juice.
3. Pour the dressing over the tomato mix and sprinkle with topping of your choose (e.g. parsley, spring onions or fresh spinach).

