



Press Releases

Christmas at “I Love fruit & veg from Europe” is healthy and full of flavour. Here is an exclusive recipe for you under the Christmas tree

The project that promotes well-being at the table and brightens the festive season with taste and creativity.

In December, seasonal fruit and vegetables embrace Christmas with their warm colours, which enliven the holidays and tickle the palate with unique flavours, which we find in the dishes for festive lunches and dinners. The greetings of the "I love fruit & veg from Europe" project are brimming with European seasonal organic, and quality-labelled products, to promote health and well-being on your table.

In winter, the fruits par excellence are certainly citrus fruits: fresh, thirst-quenching, rich in vitamins B and C and low in calories. Mandarins, oranges, tangerines, grapefruit and clementines cannot be missing on our tables. **Fragrant, inviting and colourful, mandarins are the only sweet fruits of the citrus family.** They are highly digestible, regulate blood pressure and strengthen the immune system.

An environmentally-friendly and fun idea is a **Christmas centerpiece** for your table made with tangerines and small pine cones or a **festive bouquet:** just skewer fruit and your favourite decorations on wooden sticks, fix with tape, wrap with festive paper and finish with a coloured bow.



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Did you know that **several hybrid fruits** come from the mandarin? Examples are clementines, a hybrid of mandarins and oranges and the **tangelo** that comes from a union of grapefruit and mandarins.

What is the Christmas fruit? Well, with its vermilion seeds and symbol of good luck, the **pomegranate!** In the past, a gift of pomegranate at Christmas and then sharing it with the whole family on New Year's Eve was considered to be auspicious for the new year. It is a fruit that boasts few calories, 65 per 100 grams and is composed for the most part of water (about 80%), fibre and sugar and is rich in vitamins and minerals. It can be cooked in risottos and first courses with fish, in salads, fruit salads and desserts. You can prepare tasty aperitifs. Its seeds are so tasty that they go with practically everything and are so good for you. It is also the perfect fruit to create elegant festive decorations for your home and table.



Among vegetables, the undisputed king is certainly the cauliflower or rather the fantastic group of the so-called "brassicas" and all the recipes using them that will comfort us throughout the cold season. So cauliflower, which can be white, yellow, green and purple or the Romanesco variety, versatile **broccoli, broccoli rabe** and **cabbage**. In short, in December there is such a riot of fruit and vegetables that if used wisely they can make festive menus healthy and delicious. **Brassicas are healthy, rich in water, vitamins and mineral salts. They are low in calories: 25 per 100 grams of product.**

Tasty and a symbol of prosperity: **lentils are for everyone**, traditional in Italy on the festive table, but they are so good for you that you should make the healthy habit of eating them at least once a week. They are the most consumed legumes in the world and are an incredible source of nutrients: they are rich in minerals, fibre and vitamins, iron, phosphorus and antioxidants. So you can eat them often as a side dish, and our advice is, since they are a vegetable protein source, eat them with pasta or cereals and vegetables for a one-dish meal complete with all the amino acids.

Do we have any healthy and creative ideas? You can prepare soups with rice and lentils and enrich them with our favorite seasonal vegetables or use wholemeal pasta or how about preparing a warm salad with onion, dried fruit and braised vegetables.

So under the festive tree of the "I love fruit & veg from Europe" project, a basket full of wonderful seasonal fruits and an exclusive recipe by Angelo Carannante, Chef of Caracol, Michelin-starred restaurant in Cala Moresca in Bacoli, Italy, managed by Pino Savoia and owned by entrepreneurs Roberto Laringe and Alfredo Gisonno.

Red prawns with grass peas and lime

Serves: 4

Ingredients

800 g red prawns

250 g grass peas

100 g carrot

50 g celery

50g onion

1 lime

extra virgin olive oil, as needed

salt, to taste

paprika

Method

Clean the prawns and devein, and put to to one side. Chop the celery, carrot and onion finely and sauté gently in the extra virgin olive oil, when softened, ad the grass peas and water as needed, leave to simmer for about 40 minutes. Then blend and sieve the grass peas to obtain a very smooth cream. Place the grass pea cream on each serving dish, arrange the whole prawns on top, sprinkle with grated lime zest, add a drizzle of extra virgin olive oil and a pinch of sweet paprika.

Enjoy. It's from Europe!



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