Consortium Meeting
25th September

WP2 Design and development of 5 healthy and sustainable recipes of the MedDiet, atractives, based on consumer opinion

Funded by the European Union

PRIMA programme is supported by Horizon 2020, the European Union's Framework Programme for Research and Innovation

WP2 OBJECTIVES AND MAIN TASKS

STEP 02 DESIGN & DEVELOPMENT

1. ***Designing 5 innovative and nutritive ready-to eat recipes*** based on the population preferences using local varieties and traditional MD raw materials.
2. ***Valorizing high biological value crops in the MD area*** that, can be selected for their nutritional, sensorial and healthy characteristics as well as for being grown in environmentally sustainable conditions, contributing to the development of the GCE principle.
3. ***Valorizing animal breeds for the production of meat, meat products and dairy products in the MD area***, raised under sustainable and/or extensive production systems, within the framework of the GCE, which give them healthy, nutritional and sensory characteristics.
4. ***Valorizing marine resources with little or no commercial value*** (fish and fishery products), with high nutritional value as an important source of protein in the MD.
5. ***Revalorizing bioactive compounds from by-products of the food agro-industry***, seaweed and medicinal plants according to GCE
6. ***Characterizing and evaluating in vitro bioavailability*** of each selected ***bioactive compound*** from by-products.
7. ***Developing 5 innovative and nutritious ready-to-eat recipes*** based on the preferences of the population using innovative technology to preserve and extend shelf-life.
8. ***Evaluating shelf-life and sensorial characteristics*** of the 5 new recipes.

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WP2 OBJECTIVES AND MAIN TASKS

STEP 02 DESIGN & DEVELOPMENT

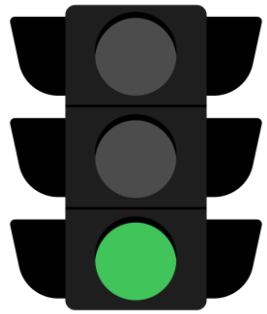
Objective 1: Designing 5 innovative and nutritive ready-to eat recipes based on the population preferences using local varieties and traditional MD raw materials.

Task 2.1. Design (M01-M24) Leader : IPLEIRIA (involved: UEX, IBE, UNIPR, CICYTEX, UNIFI, IPBR, ADU)

2.1.1. CC in groups with consumers – COMPLETED!

2.1.2. Multi-stakeholder design – COMPLETED!

2.1.3. Recipes design sessions (Living Labs) – COMPLETED!



Deliverable 2.1 (M12) Leader: IPLEIRIA
Deliverable 2.2 (M18) Leader: IPLEIRIA
Deliverable 2.3 (M24) Leader: UEX

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WP2 OBJECTIVES AND MAIN TASKS

STEP 02 DESIGN & DEVELOPMENT

PRIMA RESEARCH FOR INNOVATION IN THE MEDITERRANEAN AREA

Objective 1: Designing 5 innovative and nutritive ready-to eat recipes based on the population preferences using local varieties and traditional MD raw materials.

Task 2.1. Design

2.1.3. Recipes design sessions

Living Labs

Deliverable 2.3

Florence - Italy

Parma - Italy

Spain

Portugal

Turkey

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WP2 OBJECTIVES AND MAIN TASKS

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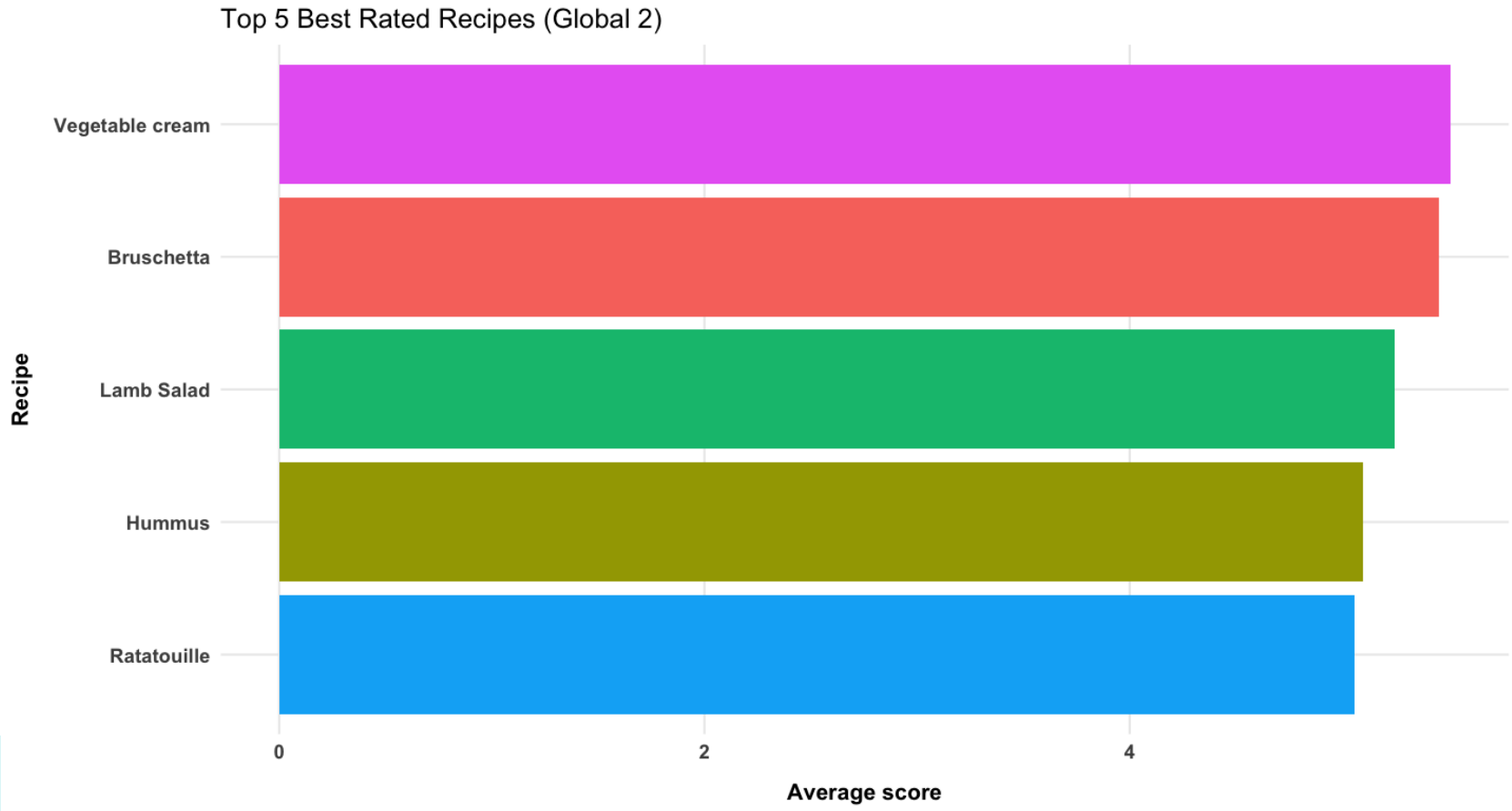
Task 2.1. Design

2.1.3. Recipes design sessions

Living Labs

Deliverable 2.3



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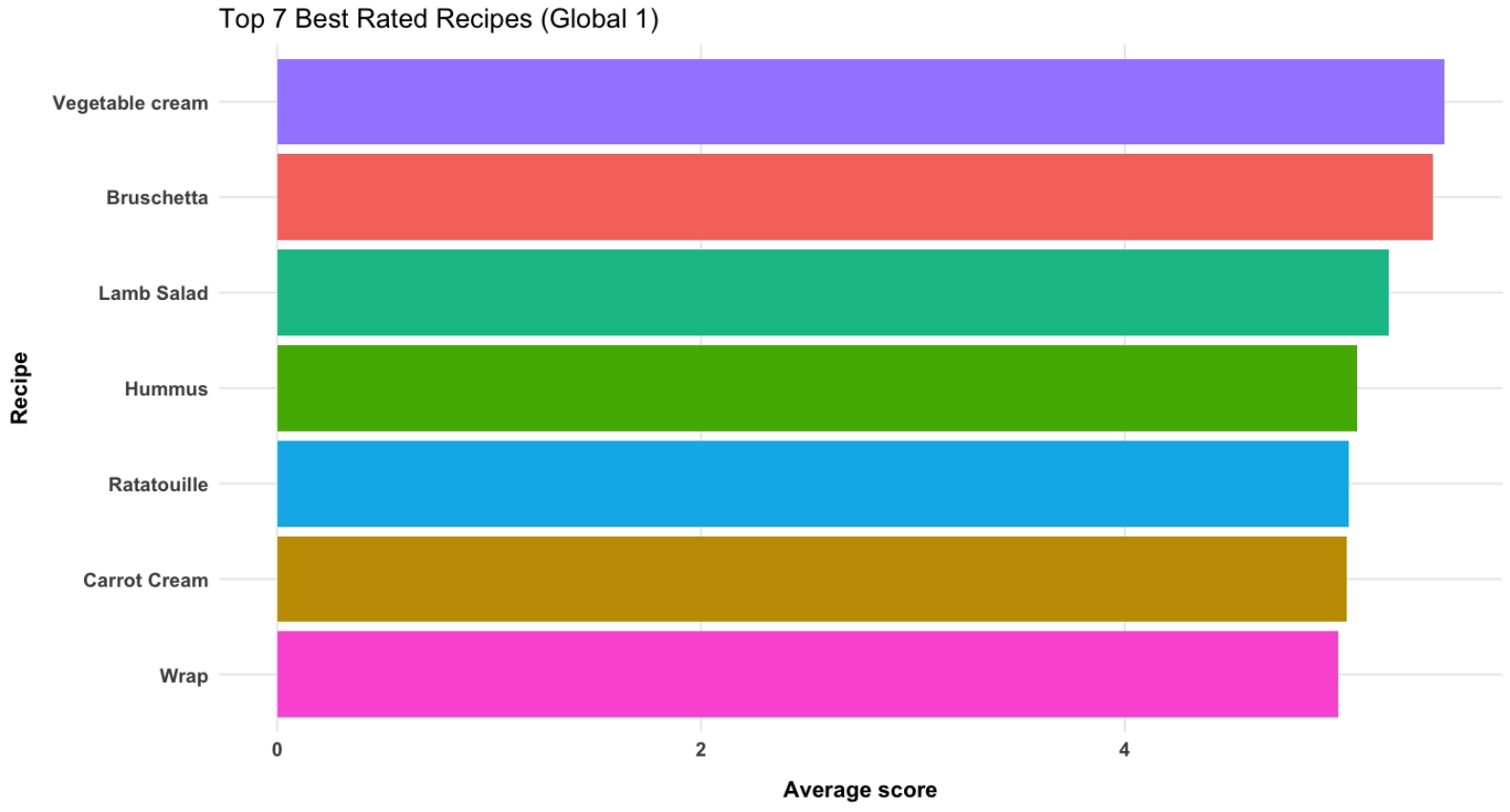
Deliverable 2.3



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WP2 OBJECTIVES AND MAIN TASKS

STEP 02 DESIGN & DEVELOPMENT

Objective 2-6: Valorize ingredients and bioactive compounds in the MD area

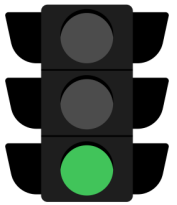
Task 2.2. Valorizing local and traditional varieties, breeds, and species from the MD. Improvement of landraces and nutritive varieties and breeds and raw products (M12-M24)

Lead : CICYTEX (involved: UEX, IPLEIRIA, IBE, UNIPR, UNIFI, ADU)

2.2.1. Valorization of local and traditional varieties of the MD - ***COMPLETED!***

2.2.2. Valorization of breeds and species from the MD - ***COMPLETED!***

2.2.3. Valorization of marine resources with little or no commercial value. - ***COMPLETED!***



Deliverable 2.4 (M24)
Leader: CICYTEX

2.2.4. Revalorize bioactive compounds from by-products of the food agro-industry, seaweed medicinal plants and microbial source (Lactic acid Bacteria) to be used in MoreMedDiet recipes - ***COMPLETED!***

Deliverable 2.5 (M24)
Leader: UNIFI

2.2.5. Evaluation of the nutritional and functional benefits - ***ON GOING!***

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WP2 OBJECTIVES AND MAIN TASKS

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PRIMA PARTNERSHIP FOR RESEARCH AND INNOVATION IN THE MEDITERRANEAN AREA

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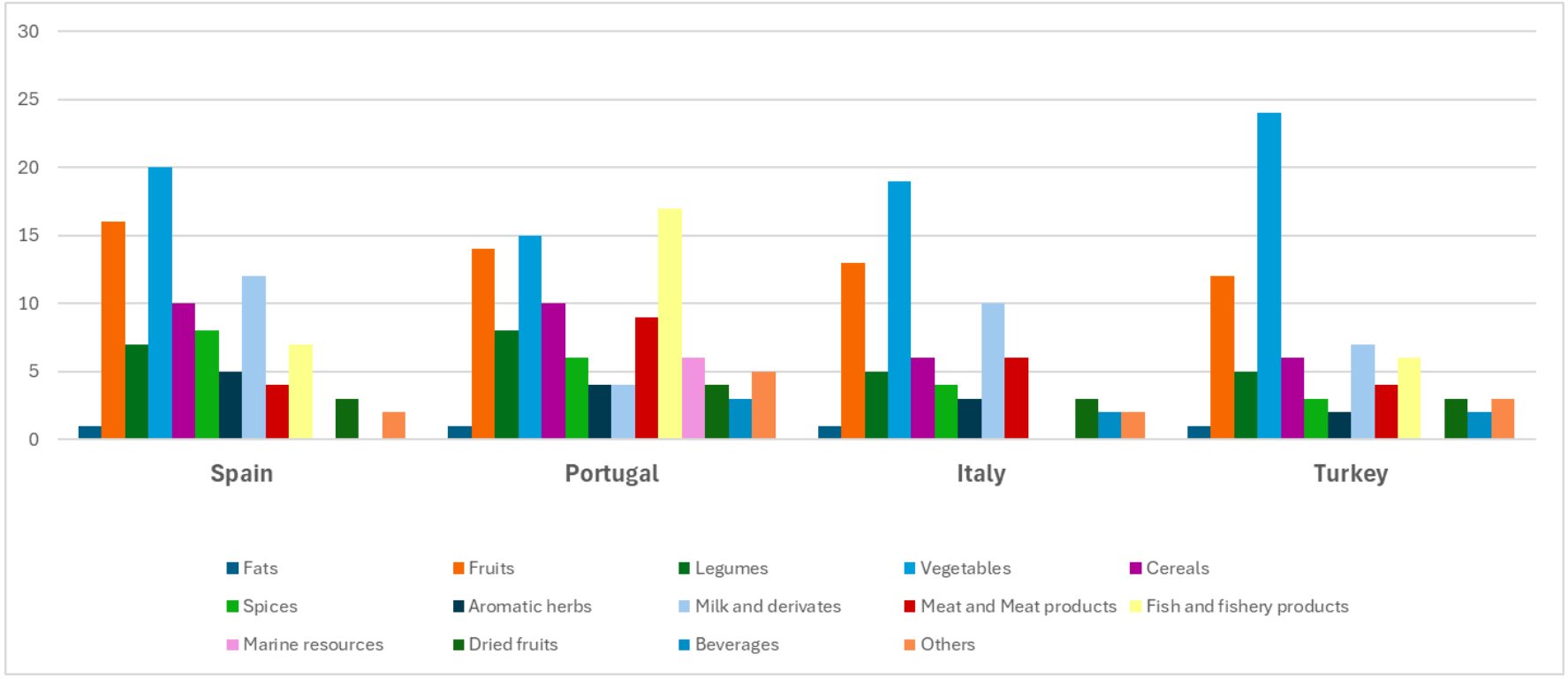
Lead : CICYTEX (involved: UEX, IPLEIRIA, IBE, UNIPR, UNIFI, ADU)

2.2.1., 2.2.2. and 2.2.3: Valorization of local and traditional varieties, breeds, species and marine resources with little or no comercial value of the MD



Number of raw material collections per food group and country.

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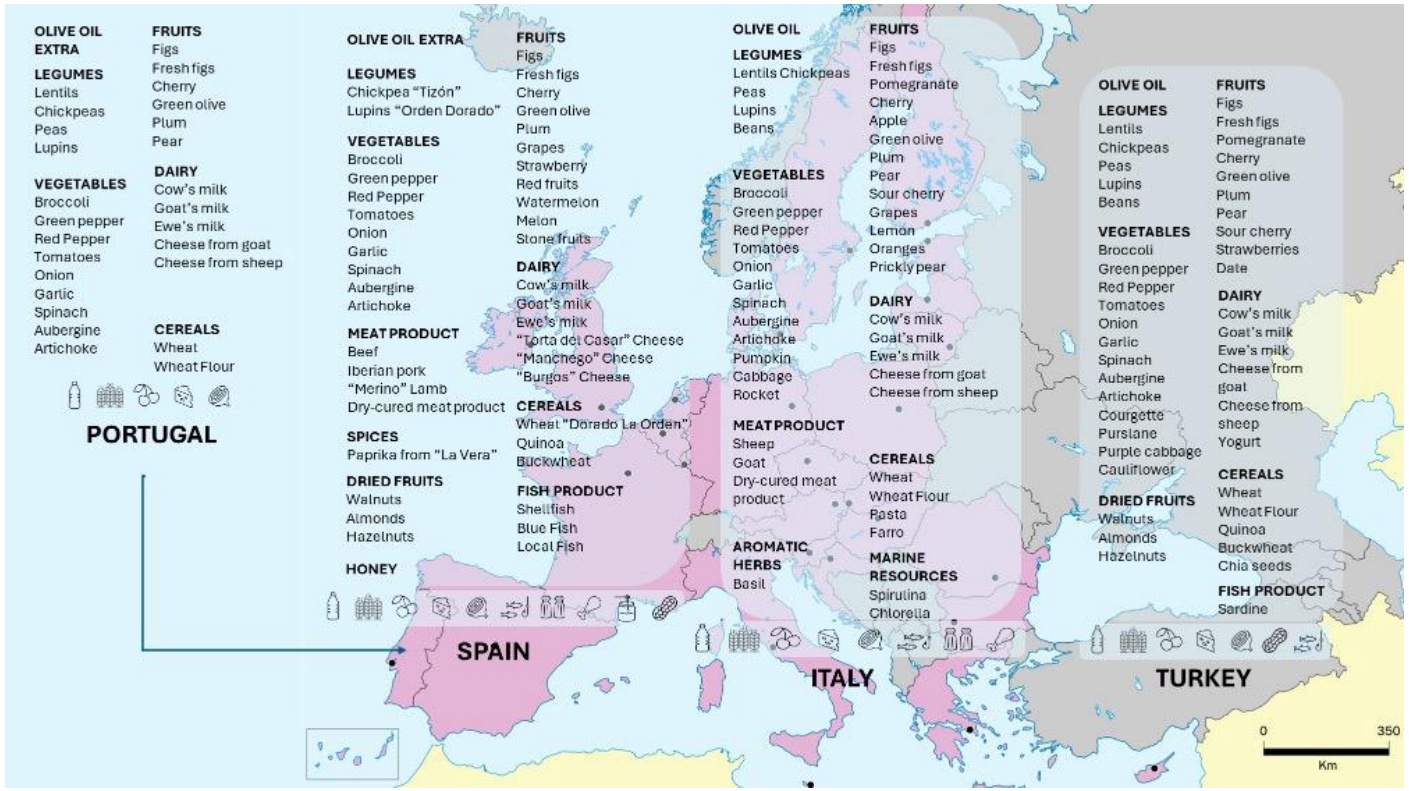

Mapping of raw materials proposed to be valorize

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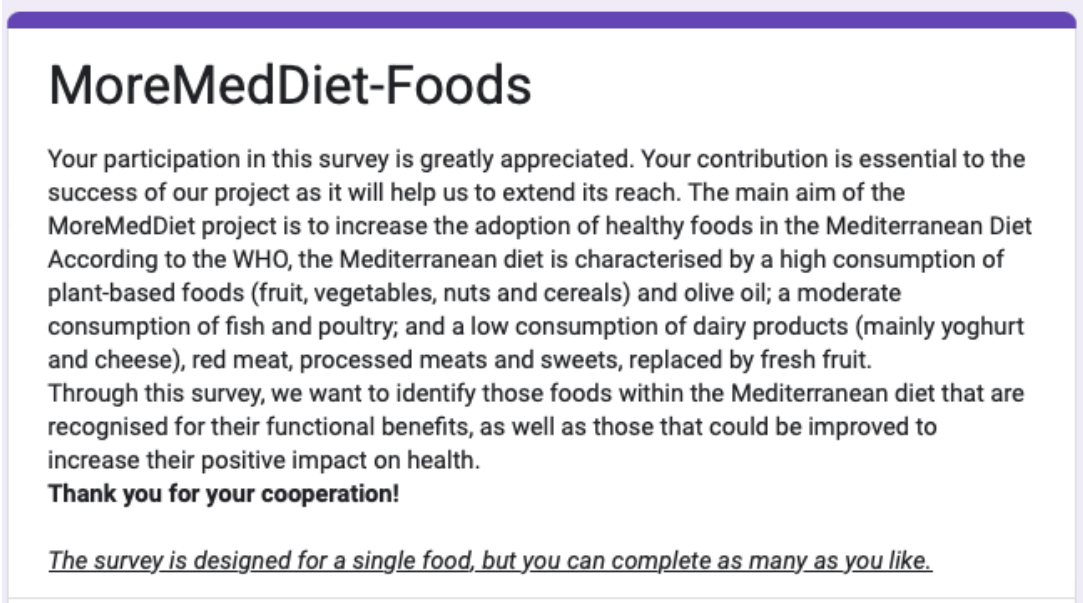
Lead : CICYTEX (involved: UEX, IPLEIRIA, IBE, UNIPR, UNIFI, ADU)

2.2.1., 2.2.2. and 2.2.3: Valorization of local and traditional varieties, breeds, species and marine resources with little or no comercial value of the MD

CICYTEX has launch a survey to identify those foods within the Mediterranean diet that are recognised for their functional benefits, as well as those that could be improved to increase their positive impact on health.



MoreMedDiet-Foods

Your participation in this survey is greatly appreciated. Your contribution is essential to the success of our project as it will help us to extend its reach. The main aim of the MoreMedDiet project is to increase the adoption of healthy foods in the Mediterranean Diet According to the WHO, the Mediterranean diet is characterised by a high consumption of plant-based foods (fruit, vegetables, nuts and cereals) and olive oil; a moderate consumption of fish and poultry; and a low consumption of dairy products (mainly yoghurt and cheese), red meat, processed meats and sweets, replaced by fresh fruit.
Through this survey, we want to identify those foods within the Mediterranean diet that are recognised for their functional benefits, as well as those that could be improved to increase their positive impact on health.
Thank you for your cooperation!

The survey is designed for a single food, but you can complete as many as you like.

https://docs.google.com/forms/d/e/1FAIpQLSfKrF6LH0l_2rC0bYKRfC-INiSohbz8H9WvV9sMpXTlEut-Ww/viewform?usp=header

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WP2 OBJECTIVES AND MAIN TASKS

STEP 02 DESIGN & DEVELOPMENT

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Lead : CICYTEX (involved: UEX, IPLEIRIA, IBE, UNIPR, UNIFI, ADU)

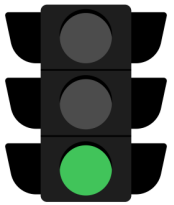
*2.2.1. Valorization of local and traditional varieties of the MD - **COMPLETED!***

*2.2.2. Valorization of breeds and species from the MD - **COMPLETED!***

*2.2.3. Valorization of marine resources with little or no commercial value. - **COMPLETED!***

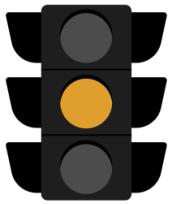
Deliverable 2.4 (M24)
Leader: CICYTEX

*2.2.4. Revalorize bioactive compounds from by-products of the food agro-industry, seaweed medicinal plants and microbial source (Lactic acid Bacteria) to be used in MoreMedDiet recipes - **COMPLETED!***



Deliverable 2.5 (M24)
Leader: UNIFI

2.2.5. Evaluation of the nutritional and functional benefits - **ON GOING!**



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WP2 OBJECTIVES AND MAIN TASKS

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2.2.4. Revalorize bioactive compounds from by-products of the food agro-industry, seaweed medicinal plants and microbial source (Lactic acid Bacteria) to be used in MoreMedDiet recipes

Vegetable Cream	
Potatoes	Use fresh potato and sweet potato. The finer the cut, the less time and fewer resources needed to cook this meal. • Local Production – Desiree, Kennebec, Jaerla and Atlantic • Sustainable Farming – Adapted to local climates, reducing the need for intensive irrigation. • Versatile Use – Essential in traditional Portuguese cuisine, from stews to roasts • New production – use whole, with peels (more sustainable)
Cabbage	Different varieties: Portuguese Cabbage, Savoy Cabbage, Ox heart Cabbage, White Cabbage • Traditional Crops – Essential in Portuguese cuisine • Sustainable Growth – Thrive in local climates with minimal resources. • Nutrient-Rich – High in vitamins, fiber, and antioxidants. The finer the cut, the less time and fewer resources needed to cook this meal
Carrot	Use whole, washed without the stem • Low Water Footprint – Requires less water compared to other vegetables. • Nutrient-Rich – High in beta carotenoids, fiber and vitamin A Substitute: Peeled Butternut squash or Winter squash
Green beans	• Sustainable & Seasonal – Green beans thrive in summer, locally grown. • Nutrient-Dense – High in fiber, vitamins, and antioxidants for a balanced diet. Substitute: black-eyed peas, yellow beans and White beans
Suggested Innovations	Include algae in the recipe formulation (*Chondrus crispus*, *Palmaria palmata* and *Ulva lactuca*) • Nutrient-Rich – High in vitamins, fiber, and antioxidants. • Add dried/toasted algae as a topping • Make algae croutons Remove roasting steps from technical sheets – uses a lot of resources Save peels and vegetable scraps for other uses: stocks, fried peels, etc.

Examples of the innovations proposed in the recipes

Fish à brás	
Fish	Local and seasonal fish • Sustainable – Opt for sustainable fishing practices to minimize ecological impact • Locally Sourced – Supports Portuguese fisheries and reduces food miles. • Nutritional Value – High in omega-3 fatty acids and protein, promoting heart health. Rich in Iodine
Potatoes	• Local Production – Desiree, Kennebec, Jaerla and Atlantic • Sustainable Farming – Adapted to local climates, reducing the need for intensive irrigation. • Versatile Use – Essential in traditional Portuguese cuisine, from stews to roasts • New production – use whole, with peels (more sustainable) • Older production – use peeled, varolize peeles in other recipes (i.e. fried potato peels with herbs)
Eggs	• Animal Welfare – Hens have more space and access to the outdoors. • Sustainable Farming – Uses crop rotation and soil conservation practices. • Nutrient-Rich – Often contain more omega-3s and vitamins than conventional eggs
Black olives	Alternative: Green olives • Lower Water Use – Green olives require less irrigation than black ones. • Minimal Processing – Fewer chemicals and simpler curing methods. • Reduced Pesticides – Typically grown with fewer pesticides than black olives.
Suggested Innovations	Include algae in the sautée (*Chondrus crispus*, *Palmaria palmata* and *Ulva lactuca*) • Added health benefits • Added flavor Use fish by-products for other purposes • Fish stock: Roast by-products and boil. Drain and freeze in cubes (Testing) • Fish flour/powder

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WP2 OBJECTIVES AND MAIN TASKS

STEP 02 DESIGN & DEVELOPMENT

Objective 2-6: Valorize ingredients and bioactive compounds in the MD area

Task 2.2. Valorizing local and traditional varieties, breeds, and species from the MD. Improvement of landraces and nutritive varieties and breeds and raw products (M12-M24)

Lead : CICYTEX (involved: UEX, IPLEIRIA, IBE, UNIPR, UNIFI, ADU)

2.2.4. Revalorize bioactive compounds from by-products of the food agro-industry, seaweed medicinal plants and microbial source (Lactic acid Bacteria) to be used in MoreMedDiet recipes

Falafel	
Chickpeas	By-product: aquafaba • Emulsifier, Foamer and Gelling agent • Prebiotic potential It can be added to falafel sauce.
Extra virgin olive oil	• High bioactive component content and antioxidant capacity • Health effects • Taste and aroma
Yoghurt	Prebiotic Yoghurt • It can also be used as a substrate for probiotic cultures. • Regulates intestinal health. • Increases immunity.
Lemon	By-product: lemon peel • Vitamin C, Flavonoids, Pectin • Essential Oils • Limonene

Examples of the innovations proposed in the recipes

Bruschetta with fresh cheese	
Gluten-free buckwheat bread	Suitable for celiac patients and individuals with gluten intolerance Contains mainly rutin, quercetin, orientin → strong antioxidant effect By-product: bran • It is a high source of fiber and protein. • It can be added to bread dough at a rate of 5-15%. • It can be used as a thickener in soups and sauces.
Tomato	By-product: tomato peel • A lycopene-rich powder is obtained by drying. • It can be used as a natural red "powdered spice" to sprinkle on bruschetta instead of pepper.
Cheese	By-product: whey • It can be produced a powder additive by drying. • Whey protein can be added to bread dough as an emulsifier and texture enhancer. • It can also be used as a substrate for probiotic cultures.
Extra virgin olive oil	• High bioactive component content • High antioxidant capacity • Health effects • Taste and aroma
Black olives	By-products: • Olive pit: The seed is ground into powder → contains rich fiber, phenolic compounds and antioxidants. It can be added to products (bread, bars, crackers, cakes) at a rate of 2–10%. • Pulp: Fiber and phenolic content can be increased by adding olive pulp to the paste.

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WP2 OBJECTIVES AND MAIN TASKS

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Lead : CICYTEX (involved: UEX, IPLEIRIA, IBE, UNIPR, UNIFI, ADU)

2.2.4. Revalorize bioactive compounds from by-products of the food agro-industry, seaweed medicinal plants and microbial source (Lactic acid Bacteria) to be used in MoreMedDiet recipes

Examples of the innovations proposed in the recipes

<u>Spanish recipes</u>

Gazpacho with green grapes and smoked sardine toppings

Pork rib salad with vinaigrette

Lentil, white rice, plum, toasted natural almond, carrot, sous-vide marinated chicken, and cured cheese salad

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WP2 OBJECTIVES AND MAIN TASKS

STEP 02 DESIGN & DEVELOPMENT

Objective 7-8: Developing 5 innovative and nutritious ready-to-eat recipes and Evaluating shelf-life and sensorial characteristics

Task 2.3: Development of the 5 recipes designed *(Lead: IPBR, involved: UEX, IPLEIRIA, IBE, UNIPR, UNIFI, ADU)* *(M24-M30)*.

After Task 2.1 and 2.2 with all results from these previous Tasks and Deliverables 2.3, 2.4 and 2.5

Development of FINAL RECIPES – Inst. Lyfe

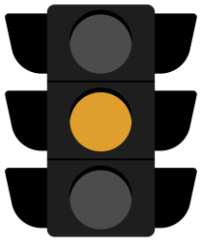
With Focus groups (4-6 people)

INSTITUT Lyfe RESEARCH & INNOVATION Center

Report with Final Recipes sent from UEx to Institute Lyfe in August

Other points in this task - UEX

Task 2.4: Evaluation of shelf life and sensorial characteristics of the 5 recipes created *(Lead: UEX, involved: UNIFI, IBE, UNIPR, IPBR, IPLEIRIA, ADU)* **(M24-M34).**



Spain, Turkey, Italy Portugal, France

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WP2 CONTRIBUTORS

WP number	2	Lead beneficiary		UEX			
WP title	DESIGN & DEVELOPMENT of 5 healthy and sustainable recipes of the MedDiet, attractives, based on consumer opinion						
Participant number	1	2	3	4	5	6	7	12
Short name of participant	UEX	IPLEIRIA	IBE	UNIPR	CICYTEX	UNIFI	IPBR	ADU
Person months per participant	13	6	12	5	7	9	3	6
Start month	M01			*End month*			M34	

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Project GANTT Chart

MoreMedDiet		LEADER	MONTHS
WP 2	DESIGN & DEVELOPMENT	UEX	
T 2.1	Design of the recipes	IPLEIRIA	
T 2.2	Valorize local and traditional varieties	CICYTEX	
T 2.3	Development of the recipes	IPBR	
T 2.4	Evaluation of shelf life & sensory analysis of the recipes	UEX	

List of Deliverables

[D2.1]	Results of the CC sessions with the best ideas for recipe design	WP2	IPLEIRIA	R	PU	M12	✓
[D2.2]	Report of the 10 innovative and nutritious MD recipes designed	WP2	IPLEIRIA	R	CO	M18	✓
[D2.3]	Report from LL and CC workshops towards the 5 innovative and nutritious recipes of the MD developed	WP2	UEX	R	CO	M24	✓
[D2.4]	Report and mapping of the local and traditional varieties, breeds, species, and fishery products from the MD area, candidates to be raw materials and ingredients for the recipes to be designed	WP2	CICYTEX	R	CO	M24	✓
[D2.5]	Report on the evaluation of the feasibility of using by-products and lactic acid bacteria collection to obtain bioactive compounds for the design of new recipes.	WP2	UNIFI	R	CO	M24	✓
[D2.6]	Report of the 5 innovative and nutritious recipes of the MD developed	WP2	IPBR	R	CO	M30	NOVEMBER ´25
[D2.7]	Results of the useful life study	WP2	UEX	R	PU	M34	MARCH ´26

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Project GANTT Chart

	MoreMedDiet	LEADER	MONTHS
WP 2	DESIGN & DEVELOPMENT	UEX	
T 2.1	Design of the recipes	IPLEIRIA	
T 2.2	Valorize local and traditional varieties	CICYTEX	
T 2.3	Development of the recipes	IPBR	
T 2.4	Evaluation of shelf life & sensory analysis of the recipes	UEX	

Mil. N°	Milestone name	RWP	DD (in month)	MV	
M5	Co-creation sessions completed and 5 best innovate recipes selected	WP2	24	Conclusions of the CC sessions with the best ideas for the 5 innovative and nutritious recipes from MD design disseminated	✓
M6	Creation of the 5 best MoreMedDiet recipes according to the guidelines of young consumers' preferences	WP2	24	Report with the details of the elaboration of the 5 MoreMedDiet recipes	✓
M7	Raw materials and ingredients for recipes selected and characterized	WP2	34	Data collection completed and made available to the consortium	MARCH ´26
M8	Technological processes and innovative strategies to extend the shelf life of recipes identified and developed	WP2	34	Report with the results of the technological processes and innovative strategies used for shelf life of the recipes	

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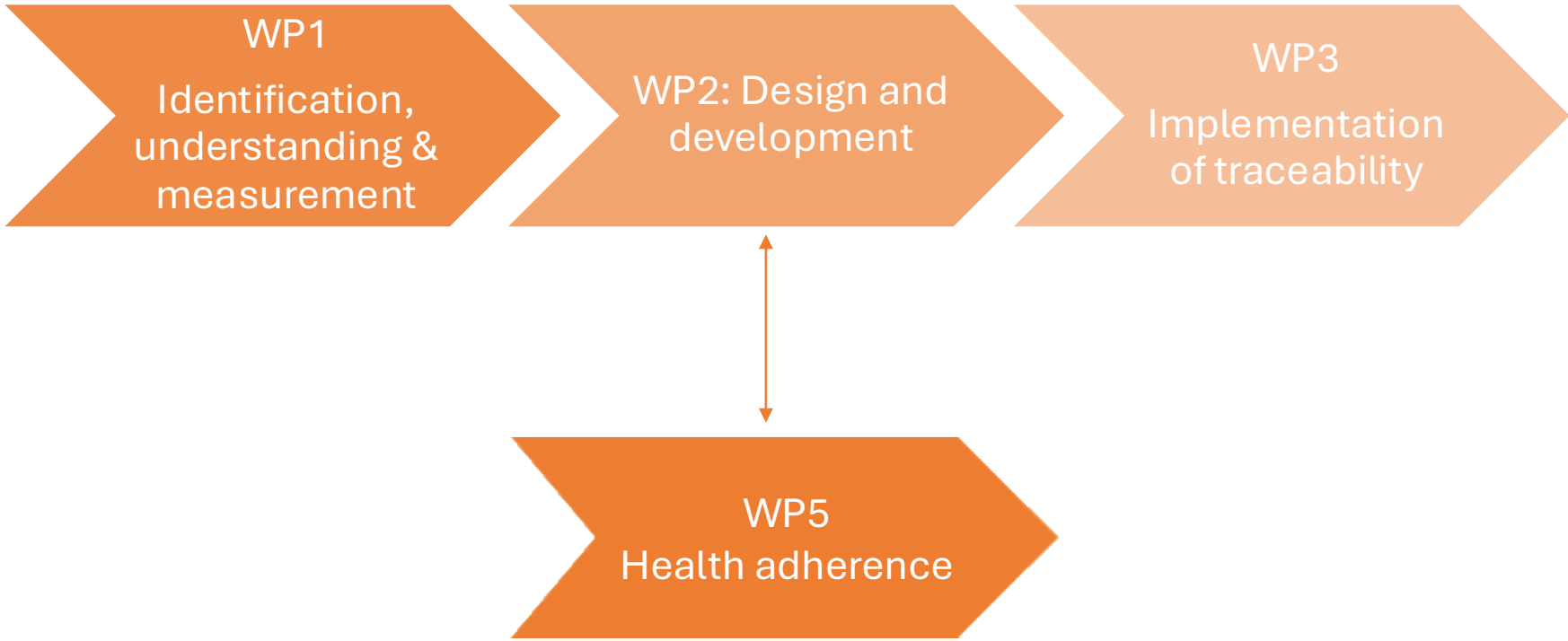
WP2 LINKS



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