



Association pour la santé environnementale du Québec  
Environmental Health Association of Québec

## ECO-JOURNAL



Recipes of the month!



Sometimes during the hot summer, we want something fresh and nutritious to wake up to. Well I have the perfect breakfast recipe for you! This recipe is full of fiber and will help your digestive system a lot!

### **Breakfast: Overnight oats**

SERVINGS : 1

PREP TIME: 10 minutes

#### **For this recipe you will need:**

- o ½ cup sweetened or unsweetened nondairy milk of your choice.  
I usually use soy, but oat, almond or any type of milk will work
- o 1 Tbsp chia seeds
- o 2 Tbsp peanut or almond butter (omit if you are allergic to nuts or peanuts)
- o 1 Tbsp maple syrup or agave
- o ½ cup gluten-free rolled oats

Suggested toppings: sliced bananas, sliced strawberries, peaches, granola or additional nut butter.



#### **Instructions**

1. In a mason jar or small bowl add all liquid ingredients and the chia seeds. Mix well with a spoon to combine.
2. Add the oats and make sure they are all covered with the liquid mixture.
3. Cover the jar or bowl with a lid or bee wax paper (if you choose to be eco-friendly) and let soak overnight or at least for 4 hours.
4. Open and enjoy the next day with additional toppings if you wish to do so. You can also heat this up in a saucepan over low heat until it is warm.
5. You can keep this stored in the refrigerator for up to 3 days.

## **Lunch: Summer rice salad**

Serves: 2

Prep: 15 minutes

Cook: 45 minutes

### **For this recipe you will need:**

- o 1 cup of brown rice
- o 3 cups of water
- o Salt to taste
- o 2 tomatoes, cut in pieces
- o 2 cups of watermelon, cut in pieces
- o 1 can of corn kernels
- o 2 Tbsp of olive oil (you can also use avocado or grapeseed oil)
- o 2 Tbsp of balsamic vinegar
- o 2 Tbsp of maple syrup (or honey if vegetarian)
- o 1 tsp of Dijon mustard
- o ½ tsp of salt
- o ½ tsp of pepper
- o 1 tsp of oregano leaves
- o 1 tsp of garlic powder
- o Fresh basil leaves



Optional: I love adding eggs to this salad. I crack them in a saucepan with boiling water and some vinegar and only cook it for 3 minutes. I immediately take them out so the yolk doesn't cook completely.

### **Instructions**

1. In a large saucepan, add the rice and cover with the water. Bring to a boil.
2. When the water boils, cover with the saucepan lid and cook on low heat for 45 minutes or until the water has been fully absorbed by the rice. Make sure to stir the rice a few times near the end so it doesn't stick to the bottom of the pan.
3. In a glass bowl add the oil, balsamic vinegar, maple syrup, mustard and all the spices and mix with a spoon to make the vinaigrette.
4. In a large bowl add the cooled rice, tomatoes, rinsed corn and watermelon. Pour the vinaigrette on the rice mixture.
5. Mix well and add basil leaves.
6. Serve!

Recipe: My own.

## **Dinner: Butter tofu**

Serving: 4

Prep time: 30 minutes

Cook time: 20 minutes

### **For this recipe you will need:**

- o 1 bloc (450g) firm tofu, cut in small squares
- o ¼ cup cornmeal
- o 3 Tbsp non-dairy butter (Becel vegan has dairy powder in so I suggest Earth Balance if you're vegan) or vegetable oil (I suggest sunflower oil)
- o 1 onion, finely chopped
- o 2 garlic cloves finely chopped
- o ½ tsp pepper flakes
- o ¼ tsp turmeric
- o ½ tsp mustard seeds
- o 1 tsp curry powder
- o 2 Tbsp nutritional yeast (look up Bob's Mill nutritional yeast)
- o 3 Tbsp tomato paste
- o 1 Tbsp maple or agave syrup
- o 1 can (400ml) coconut milk
- o 1 cup frozen peas
- o Water
- o Salt and pepper



### **Instructions**

1. In a bowl, combine the tofu and cornmeal, make sure the cornmeal completely covers each piece of tofu.
2. In a pan, heat up the vegan butter at medium heat. Add half of the tofu dices and fry them, turning them often until they are golden brown.
3. Put it on a paper towel and let it soak the extra grease. Repeat the process for the second half of the tofu. Add more butter or oil if needed.
4. In a pan, add the onion in the leftover butter. Cook for 4 minutes.
5. Add garlic, red pepper flakes, turmeric, mustard seeds, curry powder, nutritional yeast, tomato paste, maple syrup and rice vinegar. Cook for an additional 2 minutes
6. Add the coconut milk and boil.
7. Add frozen peas and tofu to the mixture.
8. Let cook on low heat for 5 minutes, mixing or until the sauce gets thick.
9. Serve! You can serve this on brown rice or jasmine rice.

Recipe: La Cuisine de Jean-Philippe

## **Snack: Green smoothie**

Serving: 1

Prep time: 5 minutes

### **For this you will need:**

- o 1 cup non-dairy milk of your choice (almond, soy, you decide!) or water
- o 1 cup baby spinach
- o 1 ripe banana, peeled
- o 2 or 3 ice cubes
- o 1 cup frozen mangoes
- o 1 Tbsp chia seeds or flaxseed
- o 1 cup vegan vanilla protein powder (optional)



### **Instructions**

1. In a high-speed blender, combine all the ingredients and blend until smooth. Add additional milk if your blender is having a hard time.
2. Serve!

Recipe inspiration: Oh She Glows Cookbook, Angela Liddon

## **Dessert: The Best Fudgy Brownies**

Serving: 8

Prep time: 15 minutes

Cook time: 30 minutes

### **For this you'll need:**

- o ¾ cup cocoa powder
- o ½ tsp baking soda
- o 2/3 cup vegetable oil (I use sunflower oil)
- o ½ cup boiling water
- o 2 cups sugar
- o ½ c. unsweetened applesauce (you can substitute for 2 eggs if you're vegetarian)
- o 1 1/3 c. all-purpose flour (I suggest gluten-free flour if you're intolerant to gluten, try Bob's Mill)
- o 1 tsp vanilla extract
- o ¼ tsp salt



### **Instructions**

1. In a large bowl, stir cocoa and baking soda together. Blend in 1/3 cup of the vegetable oil. Add boiling water.
2. Stir in the sugar, applesauce and remaining 1/3 cup of vegetable oil until smooth.
3. Add flour, vanilla and salt and blend.
4. Pour into a lightly-greased pan.
5. Bake at 350 degrees F for 30-35 minutes or until done.

Optional: I also add chocolate chips to mine in the batter and on the top before putting in the oven to make them fudgier!

Recipe: My grandmother's.

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