



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

ECO-JOURNAL

August 2020

Maddie Le Gall

Recipes of the month



**Association pour la santé environnementale du Québec / Environmental Health Association of Québec
(ASEQ-EHAQ)**

C.P. 364, Saint-Sauveur, Québec J0R 1R0 / P.O. Box 364, Saint-Sauveur, Québec J0R 1R0

☎ 514-332-4320 ☎ 450-227-4143 bureau@aseq-ehaq.ca / office@aseq-ehaq.ca

www.aseq-ehaq.ca / www.EnvironmentalSensitivity.com / www.ecoasisquebec.ca



Table of contents

Snack: Hummus and carrots	3
Breakfast: Gluten-free friendly banana bread	4
Lunch: Fresh Lebanese style Tabbouleh salad	5
Dinner: Vegetable Stir-fry	6
Desert: Vegan Strawberry Cream Pie	8

Snack: Hummus and carrots

Prep time: 5 minutes

Serves 4 people

- 1 can of chickpeas, rinsed and drained
- However, many carrots you want chopped into sticks
- 3 cloves of garlic cut in small pieces
- 3 Tbsp of lemon juice
- 3 Tbsp of oil
- 2 Tbsp of dairy-free milk or as much as needed to make smooth
- ½ tsp of fine salt
- ½ tsp of pepper
- ¼ tsp of chili flakes
- ½ tsp of oregano
- 1 tsp of cumin
- 1 tsp of paprika
- Optional: ¼ cup of tahini



Instructions:

- Mix the chickpeas in a food processor until they are smooth. Optionally add the tahini if you like the nutty taste.
- Once smooth mix the liquids and spices with the chickpeas.
- Once all mixed and smooth, enjoy with the carrots.

Breakfast: Gluten-free friendly banana bread

Prep time: 10 minutes

Serves 6-8 people

For this recipe you will need:

- 1 cup of sugar
- ½ cup of vegetable oil or vegan butter
- ½ cup of unsweetened applesauce
- 3 Tbsp of sour milk (2 Tbsp of dairy-free milk and 1 Tbsp of white vinegar)
- 2 cups of flour (Gluten-free flour also works well for this)
- 1 tsp baking soda
- 1 tsp salt
- 2 ripe bananas



Optional: Chocolate chips and nuts such as pecans will make this recipe even better! If you choose not to add those, I highly suggest toasting your banana bread and adding vegan butter on the top for breakfast!

Instructions:

- Beat all ingredients together until smooth. Bake in a loaf pan for 45 minutes at 350 degrees F.

Lunch: Fresh Lebanese style Tabbouleh salad

Prep time: 15 minutes

Serves 4 people

For this recipe you will need:

- 200 g of couscous grain or quinoa
- 4 tomatoes
- ½ an English cucumber
- ½ a white onion
- 100 ml of lemon juice
- 100 ml of olive oil
- Salt to taste
- 10 mint leaves
- Coriander leaves
- Parsley leaves
-



Instructions:

- Pour the couscous grains in large salad bowl and cover with the same amount of hot water or vegetable broth. Add salt to taste. Add the oil and the lemon juice. Mix everything with a fork until the grains are detached from each other. Let it sit while you prepare your vegetables.
- Peel the onion and dice it. Wash the tomatoes and cucumber and cut them into small squares. Wash the herbs you are using and cut them finely.
- Once the couscous has absorbed all the water add the diced vegetables. You can add more lemon juice, olive oil or pepper if required. Refrigerate for 3 hours before eating.

Dinner: Vegetable Stir-fry

Prep time: 20 minutes

Cook time: 15 minutes

Serves 2 people

For this recipe you will need:

- 1 ½ tsps. + 2 Tbsps. of olive or coconut oil
- 2 eggs, whisked together (optional)
- 1 small white onion, finely chopped
- 2 medium carrots, finely chopped
- 2 cups additional veggies, such as broccoli, bok choy, spinach, Chinese broccoli cut into small pieces
- ¼ tsp salt
- 1 Tbsp finely minced ginger
- 2 large cloves garlic minced
- Pinch of red pepper flakes
- 2 cups cooked brown rice
- 1 cup greens such as spinach or frozen peas
- 3 green onions, chopped
- 1 Tbsp soy sauce
- 1 tsp toasted sesame oil
- Chili-garlic sauce or chili sauce



Instructions:

- If you are using eggs, cook them into a skillet first in 1 ½ tsp of oil, mixing them often until they are soft and fully cooked. One that is done, place them on a sheet of paper towel to absorb the excess oil.



- In that same skillet, on medium heat, add the remaining 2 Tbsp of olive oil and add the onions and carrots and cook for 5 minutes or until tender.
- Add the remaining vegetables and salt. Continue cooking and stirring until the veggies are cooked.
- Then add the ginger, pepper flakes, and rice to the veggies. Mix everything together.
- Add the green onions and the eggs to the rice and veggies. Then add the soy sauce and sesame oil and salt. Cook a little until fragrant.
- Add the chili sauce if you want it spicy and serve!

Desert: Vegan Strawberry Cream Pie

Prep time: 10 minutes

Serves 6-8 people

For this recipe you will need:

The crust:

- $\frac{3}{4}$ cups of medjool dates, pitted and soaked in warm water for 5 to 10 minutes and drained
- $\frac{3}{4}$ cups of raw cashews
- $\frac{1}{4}$ cup of unsweetened coconut

The filling:

- 1 can (400 ml) of coconut cream, refrigerated
- 2 Tbsp of agave or maple syrup
- $\frac{1}{4}$ tsp of vanilla extract
- 1 lb. strawberries sliced



Instructions:

- Add all the ingredients for the crust into a food processor and mix until it is malleable or that you can roll into a ball.
- Line a cake pan with wax paper and fill the crust mixture into the pan. Flat it out with your hands, pressing on the sides and at the bottom of the pan. Place in the freezer when done.
- For the filling: Take out only the solid part of your coconut cream and place it into your mixer or hand mixer. Add the syrup and vanilla and mix until smooth for 2 minutes.
- Remove the crust from the freezer and pour the filling onto the crust. Place it again in the freezer for 10 minutes.



- Remove it and top with strawberries, coconut shavings and chocolate chips (optional).
- Place back in the freezer for an hour.
- Take out from the freezer and remove the pie from the cake pan by pulling on the wax paper.