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Recipes of the month



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

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Note: all recipes are vegan, gluten-free, and dairy-free, use organic ingredients whenever possible.

Breakfast: Vegan Baked French Toast

Prep Time: 15 minutes

Cooking Time: 45 minutes

Servings: 8-10

Pre-heat: 200 C (400 C)

Ingredients:

- 1 orange (zest and juice) – reserve ¼ cup juice
- 350 grams firm block tofu
- ¼ cup maple syrup
- 3 tablespoons oil (melted coconut or olive oil)
- 1 cup soy, oat, or nut milk
- 2 teaspoons vanilla extract
- ½ teaspoon salt
- 1 teaspoon cinnamon
- ½ teaspoon nutmeg
- 16 ounces (454 grams) gluten free bread (fluffy, airy with good crust) sliced into approximately 1-inch cubes]
- 3 to 4 cups fruit (strawberries, blueberries, blackberries, raspberries, or mixture of preferred berries)
- ½ cup sliced or crushed almonds (or hazelnuts, pecans, etc.)



Instructions:

- Preheat oven to 200 C (400 F)
- Zest the orange, set zest aside. Squeeze orange, retaining ¼ cup of juice.
- Make the “batter”: In a blender, place the block of tofu, ¼ cup maple syrup, 3 tablespoons oil, 1 cup nut milk, ¼ cup of juice from zested orange, 2 teaspoons vanilla extract, ½ teaspoon salt, 1 teaspoon cinnamon and ½ teaspoon nutmeg. Blend until smooth and creamy.
- Cut the bread into chunks, place in a large bowl and top with ½ of the orange zest. Pour in the “batter”, scraping down the sides of the blender. Toss well so bread is coated. Toss



in the strawberries and almonds. Place in a greased 9x13-inch baking dish. Sprinkle a little orange zest over top.

- Cover. Bake 30 minutes.
- French toast should look slightly puffed. Continue baking uncovered for 15 minutes, or until nicely golden.
- Serve with maple syrup.

Lunch: Farmers Market Vegetable Soup

Prep Time: 15 minutes

Cooking Time: 20 minutes

Servings: 4

Ingredients:

- 1 to 2 tablespoons avocado oil (or preferred oil)
- 1 medium onion, diced (or a large leek)
- 2 cups carrots, diced
- 2 cups celery, diced
- 1 cup diced fennel bulb (optional)
- 4 cloves garlic, diced
- 1 tablespoon fresh thyme or oregano (or 1 ½ teaspoons dried)
- 2 tablespoons white wine, cooking sherry wine (optional)
- 2 cups zucchini or yellow squash, diced
- 2 cups green beans, chopped
- 1 ear of corn, kernels cut off
- 4 cups vegetable broth
- 2 cups water
- 2 bay leaves
- 2 teaspoon salt



Garnish:

- ¼ cup fresh Italian parsley, stems removed, chopped
- Avocado oil (or preferred oil)

Instructions:

- In a large pot, heat avocado oil over medium heat. Add onion and sauté until deeply golden and fragrant, approximately 5 minutes.
- Add carrots, celery, fennel (optional), garlic and thyme. Sauté 7-8 minutes, stirring often. Add the white wine or cooking sherry wine (optional) and cook it off.
- Add zucchini, green beans, stock, water, bay leaves and salt.



- Bring to a simmer, cover and simmer until carrots are just tender (approximately 10-12 minutes). Add corn. Cook 3-4 more minutes, then stir in the fresh parsley.
- Taste often. If broth tastes bland, add more salt. Season with pepper and a pinch of cayenne or chili flakes. Serve with a drizzle of olive oil.

Dinner: Roasted Spaghetti Squash with Mushrooms, Garlic, and Sage

Prep Time: 10 minutes

Cooking Time: 50 minutes

Servings: 2-4

Ingredients:

- 1 small spaghetti squash (approximately 2 pounds)
- 3 tablespoons avocado oil
- ½ cup onion, chopped
- 12-16 ounces (340 to 454 grams) mushrooms, sliced
- 4-6 garlic cloves, finely chopped
- 3 tablespoons fresh sage, torn
- salt and pepper to taste
- ¼ teaspoon nutmeg
- drizzle with truffle oil (optional)
- 1/3 pine nuts, toasted (optional)



Instructions:

- Preheat oven to 200 C (400 F)
- Cut spaghetti squash in half and place open-side DOWN on a parchment lined baking sheet. Bake 40-50 minutes.
- While squash is baking, heat avocado oil in a large pan over medium high heat. Sauté onions until just tender (2-3 minutes). Add mushrooms, turn heat to medium and sauté until the mushrooms turn brown (approximately 4 minutes). Season generously with salt, pepper, and nutmeg.
- Check squash by piercing skin with the tip of a sharp knife to see if it is done.
- When the squash is tender, take it out of the oven, turn it over and let cool slightly. When cool enough to handle, scoop out seeds and toss into compost. Then scoop out the spaghetti squash and place directly in the pan with the mushrooms. Stir to incorporate. Taste for salt, add more if necessary.
- Drizzle with truffle oil (optional) and a sprinkle of pine nuts (optional).

Dessert: White Chocolate Truffles

Prep Time: 1 hour 20 minutes

Servings: 10 truffles

Ingredients:

- ½ cup raw macadamia nuts
- 1 ½ cups finely shredded coconut, unsweetened
- ¼ cup finely chopped cocoa butter (melted)
- 2-4 tablespoons organic powdered sugar (or substitute stevia)
- ½ teaspoon vanilla extract
- ¼ teaspoon sea salt (optional)

For Rolling:

- ¾ cup finely shredded coconut, unsweetened

Instructions:

- Add macadamia nuts and coconut to a food processor and mix until a creamy paste is formed, scraping down sides as needed.
- Add melted cocoa butter, powdered sugar, vanilla, and sea salt (optional) and mix once more to combine. Taste and adjust flavor as needed, adding more salt for saltiness, vanilla for vanilla flavor, or powdered sugar for sweetness.
- Transfer the mixture to a shallow pan and place in the refrigerator to chill for about 1 hour or until firm to the touch (especially in the center). In the meantime, add ¾ cup coconut to a small dish (for rolling). Set aside.
- Remove mixture from refrigerator and use a tablespoon or small cookie scoop to scoop out rounded tablespoon amounts. Gently roll into balls.
- Once formed, add to the desiccated coconut dish and roll to coat. Set on a serving plate. Repeat until all truffles are rolled - about 10.
- Set back in refrigerator for 5-10 minutes until mostly firm/set. Store leftovers at room temperature up to 3-4 days, in the refrigerator for 1 week, or in the freezer for 1 month. Best enjoyed at room temperature.



Snack: Baked Sweet Potato Fries with Avocado Dipping Sauce

Prep Time: 10 minutes

Cooking Time: 30 minutes

Servings: 3-4

Preheat: 230 C (450 F)

Ingredients:

- 2 extra large sweet potatoes (1 lb/454 grams)
- 2 tablespoon corn starch
- 4 tablespoon olive oil
- 1 teaspoon paprika
- 2-4 garlic cloves, finely minced
- 1 teaspoon cumin
- ½ teaspoon chili powder
- ½ teaspoon salt
- ½ teaspoon pepper



Baked Sweet Potato Fries Instructions:

- Preheat oven to 230 C (450 F).
- Slice sweet potatoes lengthwise into ⅓ inch thick slices- no need to peel. Then cut each slice into ⅓ inch thick strips. Cut as uniformly as possible.
- Toss potatoes with the corn starch in the bowl. Mix oil with spices and garlic in a separate small bowl and toss with the sweet potatoes.
- Place potatoes on parchment lined baking sheet and place in the oven for 15 minutes. Pull out the sheet and toss the potatoes and return to the oven for an additional 15 minutes. Thicker pieces will need the extra time.

Avocado Dipping Sauce Ingredients:

- 1 avocado
- 1 tablespoon cilantro, chopped
- ½ teaspoon cumin
- Juice from 1 full lime
- ¼ teaspoon salt (to taste)



Avocado Dipping Sauce Instructions:

- Combine avocado (pitted and peeled), cilantro, cumin, and lime in a food processor (or with a fork) until almost smooth. Add preferred amount of salt. Serve immediately.