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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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*All recipes are vegan, gluten-free, and dairy-free. Use organic ingredients whenever possible.

Breakfast: Steel Cut Oats with Pumpkin Puree and Walnut Topping

Prep Time: 10 minutes

Cook Time: 20 minutes

Serving: 4

Ingredients:

2 cups water

1 cup milk (almond milk, oat milk, hemp milk, soy milk, or milk of your choice)

1/2 cup canned pumpkin puree

1/4 teaspoon salt, more to taste

2–3 tablespoons real maple syrup

1 teaspoon vanilla

1/2 teaspoon nutmeg

1/2 teaspoon cinnamon

1 cup steel cut oats

Topping:

1/2 cup toasted walnuts

Drizzle of warm nut milk

Preparation:

Place all ingredients (except the canned pumpkin) in a medium pot and stir well. Bring the mixture to a boil over medium heat. Reduce the heat to a low simmer, cover, and simmer gently until the oats are cooked to your liking,





and the mixture has thickened, 10-20 minutes. Stir in the canned pumpkin puree. Top with any of the toppings.

Lunch: Curried Cauliflower Soup

Preparation Time: 15 minutes

Cook Time: 20 minutes

Serving: 5 cups

Ingredients:

2 tablespoons olive oil or coconut oil

1 onion, chopped

1 medium-large apple, (gala, honey crisp)
rough chopped

4–5 garlic cloves, chopped

1 1/2 tablespoons fresh ginger, chopped

1 medium head cauliflower, chopped small
(slice into 1/2-inch slices, then chop)

2 1/2 cups veggie broth (or use water and 2 bullion cubes)

2 teaspoon yellow curry powder

1 teaspoon coriander

1/4 teaspoon turmeric

3/4 teaspoon salt, more to taste

3/4 cup canned coconut milk (equal parts liquid and solid) or plain yogurt

Garnish with toasted coconut flakes, cilantro, and/or scallions.

Preparation:

Heat oil in a large pot over medium high heat. Add onions, sauté 2-3 minutes. Add garlic, ginger, and apple until golden and fragrant, about 4-5 minutes. Add cauliflower, veggie broth, curry powder, coriander, turmeric and salt. Stir.





Bring to a boil, cover and simmer on low heat until cauliflower is very tender, about 15 minutes.

Puree until very smooth- either using an immersion blender or blender (in batches).

Stir in the coconut milk. (about half of a 14-ounce can, both solids and liquid- feel free to add more coconut milk to taste). Salt to taste.

Dinner: Stuffed Maple Glazed Acorn Squash

Prep Time: 25 minutes

Cook Time: 45 minutes

Preheat: 200 C (400 F)

Servings: 4 to 6

Ingredients:

3 small acorn squash

2 cups parsnip, peeled and diced

1 cup soy sausage or preferred sausage,
browned

1 cup diced apple (fuji or gala)

1/2 onion, diced

1 cup (packed) chopped kale

2 tablespoons packed, chopped sage

2 tablespoons maple syrup

1/2 cup maple pecans (recipe below) or toasted pecans

3 tablespoon oil, olive or avocado

A splash of white wine or cider

Kosher salt to taste

Pinch of pepper

Pinch of fresh or ground nutmeg

Preparation:

Preheat oven to 400F.



Cut acorn squash lengthwise and scoop out seeds. Brush insides with a mix of 1 tablespoon of oil and 1 tablespoon of maple syrup. Sprinkle generously with salt and pepper and lay skin side up on a greased, or parchment lined baking sheet, and roast in the oven (30-40 minutes) until you can pierce through skin and flesh with a fork. Remove from the oven and using a spatula, turn over, trying to keep the caramelized edges intact. Let cool. Place in a baking dish.

While squash is roasting in the oven, brown soy sausage and set aside. Wipe out pan. In the same pan, sauté the parsnips and onions in 2 tablespoons of oil over medium heat, until tender (approximately 10 minutes).

Add apples and sage, and sauté 5 additional minutes, until apples are tender. You may need to add a little more oil. Generously salt and pepper to taste.

Add the broth, kale and pecans. When the broth has evaporated, add 1 tablespoon of maple syrup. Add cooked sausage to the pan and taste for salt, adding if necessary. Add a little fresh grated nutmeg or a pinch or two ground. **Fill the squash with the apple parsnip sausage mixture and place in a 175 C (350 F) until heated through (about 15 minutes).**

Preparations: Maple Pecans

Pre heat oven to 400F.

In a small bowl, coat pecans with 1 tablespoon maple syrup. Add a pinch of salt and some cracked pepper. Spread out on a greased baking sheet and using a timer, bake 8 minutes to start, in a 400 F oven, pull the baking sheet out of oven and toss the pecans, then bake another 7 – 10 minutes. The



time will vary depending on your oven – so keep a close eye on these to make sure they don't burn.

Remove, let cool 3-4 minutes, then use a metal spatula to unstick them from the sheet pan. If they are stuck, place them back in the oven for a minute or two, to loosen, and try again. Then let cool completely.

Dessert: Figs with Honey and Crushed Walnuts

Prep Time: 10 minutes

Serving: 4

Ingredients:

12-16 fresh figs, sliced in half

4 tablespoons honey

4 tablespoons crushed, toasted walnuts or any preferred nut

Preparation:

Divide figs among 4 plates or bowls, sprinkle 1 tablespoon of crushed walnuts or preferred nut on each plate or bowl, and drizzle 1 tablespoon of honey on top.



Snack: Tahini Guacamole with Pita Chips

Prep Time: 15 minutes

Serving: 6

Ingredients:

3 large avocados, perfectly ripe

1 garlic clove, finely minced (use a garlic press if possible)

1/4 cup onion, finely chopped

1/4 cup Italian parsley, finely chopped

1/2 teaspoon salt, more to taste

1/2 teaspoon coriander

1/2 teaspoon cumin

1/2 teaspoon sumac

1 tablespoon tahini paste (optional)

1 lemon, zest and juice

Garnishes: tomatoes, cucumber, olives, feta crumbles, and/or parsley

Serve with pita chips (gluten-free if preferred)

Preparation:

Place avocado, onion, garlic, parsley, salt, and spices into a bowl and with a knife, slice avocado into tiny pieces, then whip with a fork. Add tahini paste, lemon zest and juice from half a large lemon. Mix and taste, adding more lemon juice and salt to taste. Place in a bowl, add any of the garnishes you prefer and serve with pita chips.

