



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

ECO-JOURNAL

January 2021

Recipes of the Month



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

Breakfast: Warm Maple-Glazed Apples on Toast

Prep Time: 5 minutes

Cook Time: 8 minutes

Serving: 2

Ingredients:

2 slices preferred bread

1 large apple (honey crisp, pink lady, or gala)

2 tsp coconut oil or butter

pinch cinnamon, cardamon or nutmeg (your preference)

pinch salt

1–2 tsp maple syrup

1–2 tbsp dried fruit – raisins, cherries, currants

1 tbsp almond butter (optional)

Preparation:

Heat the oil or butter in a skillet over medium heat. Toast the bread. Slice the apples into ½ -inch thick wedges and place them in the warm skillet, sprinkle with spice and salt. Add dried fruit. Sauté 4 minutes, until golden on one side before turning over. Turn over, let cook another 3-4 minutes until tender and golden. Drizzle maple syrup over, stir, and let apples darken for just a minute. Spread almond butter on the toast (optional) and spoon the warm apples atop the almond butter.



Lunch: Chickpea Salad Sandwich with Arugula and Capers

Preparation Time: 15 minutes

Serving: 10 – 12 sandwiches

Ingredients:

1 ½ cup cooked garbanzo beans (1 can, rinsed)

2 celery stalks, finely chopped

¼ cup onion, finely chopped

1 garlic clove, finely minced or grated

2 tbsp capers and 1 tbsp caper “juice”

½ cup chopped cilantro (or sub other herbs- dill, basil, Italian parsley, tarragon)

⅓ cup mayo or vegan mayo

1 tbsp whole grain mustard

salt and pepper to taste

10 small buns or 5 regular

1 cup arugula

Preparation:

In a medium bowl, fold the first 8 ingredients together. Taste for salt. Add salt and pepper as needed. Place a generous spoonful on a bun. Top with arugula.



Dinner: Creamy Risotto with Roasted Butternut Squash

Prep Time: 15 minutes

Cook Time: 25-30 minutes

Preheat: 200C (400F)

Servings: 3 – 4 persons

Ingredients:

2 tablespoons olive oil (or butter)

2 cups sliced leeks (one extra large leek)

4 garlic cloves, chopped

8 sage leaves, chopped

1 cup arborio rice or short-grain Spanish rice

2 heaping cups butternut squash, cubed

1/4 cup white wine (optional)

4-5 cups veggie stock or chicken stock or broth (or water and one teaspoon or cube veggie bouillon)

1/2 teaspoon salt

1/8 teaspoon white pepper (or black pepper)

1/2 teaspoon nutmeg

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2–3 handfuls baby spinach or chopped kale

OPTIONAL: 1/4 – 1/2 cup parmesan, goat cheese, vegan cheese or cashew cheese – or stir in 1-2 tablespoons of butter or a drizzle of olive oil





Preparation:

BUTTERNUT SQUASH: Preheat oven to 200C (400F). Cut and cube butternut squash and toss with olive oil, salt and pepper. Roast the butternut in a oven on a parchment-lined sheet pan until caramelized and tender (25-30 minutes). While the butternut squash is baking, begin cooking the risotto.

RISOTTO: In a large heavy-bottomed pot or dutch oven, heat the olive oil over medium heat and add the sliced leeks. Sauté until tender, covering with the lid for a few minutes to steam. Add garlic and sage. Sauté 2 more minutes until fragrant.

Add the rice and sauté 1 minute. Add a splash of white wine (optional), and cook this off. Add the salt, pepper, and nutmeg. Add 1-2 cups warm stock (enough to cover the rice), stir and bring to a gentle simmer. Simmer until most of the liquid is absorbed. Continue adding broth 1 cup at a time, letting the rice absorb it slowly, stirring often over med-low heat, until the rice is plumped, slightly al dente, and creamy (20-25 minutes). If adding kale, add it with the last cup of broth. If adding spinach, stir it in at the end. Keep the risotto thick and hearty or add more stock if preferred.

Stir in the roasted butternut squash and optional cheese or butter. Season to taste with salt and pepper.

Dessert: Chocolate Tart with Roasted Hazelnut Crust

Prep Time: 30 minutes

Cook Time: 15 minutes

Pre-heat: 160C (325F)

Serving: 6 – 8 persons

Ingredients:

HAZELNUT CRUST

1 cup hazelnuts

1 1/4 cups quick oats

1/4 teaspoon salt

1/3 cup coconut oil– melted (or butter)

2 tbsp maple syrup or honey

CHOCOLATE FILLING

3.5 ounces chocolate (approximately 65% cocoa)

1/4 cup water

1/2 block silken tofu (6 ounces – firm or extra firm)

1 tbsp maple syrup

1–2 teaspoons Kahlua (optional)

1 teaspoon vanilla

Garnish with shaved chocolate and toasted hazelnuts





Preparation:

Preheat oven to 160C (325 F). In a food processor, place hazelnuts, oats, and salt and pulse until it's course. It doesn't have to be super fine. Add in the melted coconut oil and maple syrup. Pulse several times until it is incorporated. Using fingers, press mixture into a 4" x 13.5" tart pan or 7-8-inch round (with removable bottom). The crust should be 1/3 inch thick with uniform thickness and clean edges. Pierce the bottom with a fork 10-12 times, and place in the middle of the oven 17-20 minutes. Check halfway through. Cover edges of crust to prevent burning.

While the tart shell is baking, make the filling. In a small pot heat the chocolate and water over medium heat and whisk until very smooth.

Rinse out the food processor and puree the silken tofu with the maple syrup, vanilla and Kahlua until very smooth, scraping down the sides. Add the melted chocolate and process until smooth and creamy. Set aside.

Remove tart shell from the oven, let cool 15 minutes, fill with chocolate mixture, smoothing the top with a spatula.

Top with hazelnuts and dark chocolate shavings. Refrigerate 3 hours or overnight.

Snack: Mushroom Toast

Prep Time: 10 minutes

Cook Time: 15 minutes

Serving: 2 persons

Ingredients:

2–3 tablespoon olive oil, butter, or ghee

8 ounces mushrooms – sliced or quartered
(cremini, button, chanterelles, morels, shiitake,
porcini, etc.)

4 garlic cloves, chopped

1 shallot, sliced

generous pinch of salt and pepper

2 tablespoons fresh thyme, sage, or rosemary

splash wine (white, sherry wine, red, rose, marsala)- approximately 2 tbsp

lemon zest, 1 small lemon

1– 2 cups baby spinach leaves

2 pieces of toasted sourdough bread or preferred bread

Optional additions: drizzle of truffle oil, poached egg for the top, cheese
(gruyere, swiss, brie, goat cheese)



Preparation:

Heat oil over medium heat. Add shallots, garlic, and mushrooms. Add salt and pepper. Sauté, stirring until mushrooms release their liquid, lowering heat to medium-low (prevent shallots from getting too dark).



Cook off all the mushroom liquid and sauté until golden and slightly crispy on the edges. Add the thyme, wine, and lemon zest. Simmer 2-3 minutes.

Toss in the spinach (adding more if you prefer). Taste and adjust the salt and pepper accordingly. If the mixture seems dry, drizzle with a little more olive oil.

Spoon mushrooms over warm toast. Drizzle with truffle oil, top with a poached egg, or sprinkle a little grated cheese.